* PEAR & GINGERBREAD CRUMBLE * HOMEMADE SLOE GIN * CAMPFIRE SAUSAGES IN CIDER SAUCE *

Great British FOOD

Local, Seasonal, Delicious!

58 Fireside Feasts!

Rachel Allen
The Hairy Bikers
Yotam Ottolenghi



Make ahead for CHRISTMAS

Homemade Gifts & Boozy Fruit Cake

£3.99 | Nov 15

9 771755 314018 09

TOM KERRIDGE'S COSY WEEKEND COOKING

Make his perfect roast chicken, quick chilli con carne & gooey chocolate cake

Autumn Food Adventures

Sussex Boar, Islay Whisky & Kent's Best Bites

Cottage Delight

Est. 1974

Passionate about Taste

CHRISTMAS *Delights*



Find your nearest stockist or buy online at:

www.cottagedelight.co.uk or call **01538 382020**

/cottagedelight

Welcome...



For me, nothing sum up the sights, smells and flavours of November quite like a proper Bonfire Night party. When I was little it was all about crisp skinned jacket spuds in the back garden and my Nana's famous parkin; these days I love to gather my friends and cook up a feast with big batches of steaming hot chilli, sausages in various guises and warm cider to wash it down.

This issue is packed with inspiration for all kinds of autumn comfort food – from Rachel Allen's fireside suppers (p.24), to Tom Kerridge's cosy home cooking (p.84) and a decadent trio of chocolate bakes on p.90. Our drinks columnist Sophie Atherton has also delved into the world of smoked beers to find the tastiest ales for your Bonfire Night feasting on p.83 – they might sound unusual, but we're complete converts!

Meanwhile in our fab interview with the Hairy Bikers, Si and Dave talk about their favourite foodie regions (Cumbria and the North East, of course) and the British ingredients they love to cook with in November, plus food writer Lizzie Enfield gets up close and personal with wild boar in the Sussex countryside on p.78.

Have a delicious month!

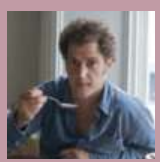
Natasha

Editor
natasha@aceville.co.uk

MEET THE EXPERTS



CHECK OUT TOM KERRIDGE'S ROAST CHICKEN ON P.84 FOR A GUARANTEED SUNDAY HIT



IN THIS MONTH'S COLUMN VALENTINE WARNER HEADS INTO THE WILD FOR A MUCH-NEEDED WOODLAND ESCAPE ON P.33



COMFORT FOOD LOVER RACHEL ALLEN COOKS US UP SOME SERIOUSLY WARMING SUPPERS ON P.24



FLAVOUR FANATIC YOTAM OTTOLENGH SHARES HIS FOODIE LOVES AND HATES ON P.146

{Behind the scenes} on GBF



Deputy editor Tom heads to Islay to discover more about its famous whisky. See his feature on p.35



Find out what we thought about the stunning food at London's Duck & Waffle restaurant on p.126



Calling cheese lovers! Skip to p.772 to see our ultimate great British cheese board

Contents

ISSUE 67 | NOVEMBER 2015

Great British FOOD

Editor
Natasha Lovell-Smith
01206 508619
natasha@aceville.co.uk

Deputy Editor
Tom Shingler 01206 508623
tom.shingler@aceville.co.uk

Editorial Assistant
James Fell 01206 505985
james.fell@aceville.co.uk

Group Advertising Manager
Daniel Lodge 01206 505951

Advertising Manager
Owen Cook 01206 505939
owen.cook@aceville.co.uk

Group Editor
Charlotte Smith 01206 508615

Contributors
Lizzie Enfield

Advertising Sales Executive
Nathan Kliber 01206 505424
nathan.kliber@aceville.co.uk

Art Editor
Matt Sumner

Designers
Louise Abbott, Connie Ngai,

Publishing Director
Helen Tudor 01206 505970

Photography
CliQQ Photography

Promotions
Liz Tuthill 01206 505927

Subscriptions
Jenny O'Neill 01206 508605

Circulation
Mick Orrin 01206 505912

Accounts
Joy Loveday 01206 505914

Published by
Aceville Publications Ltd,
21-23 Phoenix Court, Hawkins Road,
Colchester, Essex, CO2 8JY

Newstrade Sales
MarketForce 0203 148 3300

Next Issue 6 November





Tempting Ideas

9 This Month
News, events, eating out and new products

30 GBF Notebook
You tell us what's cooking in your kitchen

41 Off the Page
This month's best cookbooks

114 Subscription Offer!
Get your favourite magazine delivered to your door and receive a free gift

133 Rule Britannia
Our pick of the best British buys for Christmas

138 Foodie Giveaway
Win a fantastic foodie prize in our giveaway!

Tasty Recipes

17 In Season
Buy locally, cook seasonally, eat brilliantly!

24 Rachel Allen's Autumn Suppers
Warming roasts for colder nights

42 The Spice Trail
Familiar dishes with an exotic twist

56 Off with a Bang!
Sausage recipes perfect for Bonfire Night

61 9 Ideas with... Parsnips
This root vegetable is packed with sweet, nutty flavour

84 At Home with Tom Kerridge
The Michelin star chef shares recipes for home cooking

88 Roast of the Month
Make Sunday special with this delicious recipe

90 Chocolate Heaven
Sweet treats fit for royalty

96 Make & Share
Make homemade preserves

118 Stir-up Sunday
Christmas is coming – get your mincemeat ready!

128 Something for the Weekend
A trio of irresistible recipes

In the Know

47 Eat Local... Kent
Our in-depth guide to the region's best food and drink

66 Things You Never Knew About... Cider
Autumn is the perfect time to drink this delicious tipple

69 Kitchen Confidential
The very best coffee kit

71 How to Make the Ultimate Chicken Tikka Masala
Tom Shingler goes gourmet with the curry house classic

75 Tried & Tested: Gin
The best British bottles











76 The GBF Interview
James Fell talks to the cheery Hairy Bikers

95 Shopping: Bonfire Night
Keep toasty with our favourite seasonal buys

101 The Ultimate Guide to... Cheese
Serve the cheeseboard of a lifetime with our invaluable tips

Foodie Features

33 Valentine's Kitchen
Val swaps London for Cornwall – and doesn't look back

35 Slàinte!
Tom Shingler heads to Islay for Laphroaig's 200th anniversary

62 Nathan Outlaw's Fish Tales
The chef champions his new favourite ingredient, verjus

78 The Whole Hog
Lizzie Enfield tells us all about wild boar

83 Smoke on the Water
Sophie Atherton investigates the world of smoky porters

89 Jimmy's Farm Diary
Jimmy sheds light on what it's like to look after pigs

117 Spotlight On
Learn more about Ludlow Food Centre

121 GBF Icon
We open the lid on Somerset's Yeo Valley

123 Food Tourist
We uncover the UK's finest foodie destinations

140 Delis of the Month
Our top picks for the season

146 In the Kitchen with... Yotam Ottolenghi
The food writer tells us his foodie loves and hates

SUBSCRIBE TODAY! P.114

AND GET THIS FANTASTIC PRO COOK KNIFE SET FOR FREE!



Recipe Rundown

From simple light lunches to tasty seasonal suppers and show-stopping puddings



Light Bites & Sides

17 Colcannon Jacket Potatoes
61 Parsnip Purée
61 Parsnip Crisps
61 Honey Mustard Parsnips
61 Spiced Parsnip Mash
61 Parsnip Rosti
108 Cheddar & Potato Soup with Bacon
128 Eggs Barely Steamed over Tomatoes & Fresh Herbs

Vegetarian

17 Smoked Garlic & Butternut Squash Risotto
17 Leek, Mushroom & Gruyere Pie
42 Balti-baked Squash with Feta, Tomato & Mint
61 Parsnip Curry
61 Parsnip & Kale Hash
108 Veggie Moussaka
108 Pear, Walnut & Blue Cheese Salad

Meat

17 Roast Grouse with Spiced Pear & Sweet Potato Ketchup
17 Pork Hotpot
24 Pork Schnizel with Sage Butter
24 Chicken Confit
24 Chicken Confit Cassoulet with Chorizo Crumbs
24 Roast Rack of Lamb With Fresh Apple & Mint Chutney
42 One-Pot Chicken With Smoked Spices
42 Sizzling Steak & Cumin Paprika Wedges
56 Sausages with Moroccan Jewelled Quinoa Salad
56 Pork and Leek Sausages with Cauliflower Rice
56 Italian Pepper Stew with Sausages & Crispy Kale
56 Sausages with Roasted Root Vegetable Chips
61 Venison & Parsnip Pie
66 Camp Fire Sausages in Cider Sauce
71 Ultimate Chicken Tikka Masala
84 Green Chilli Con Carne
84 Weekend Roast Chicken
88 Zesty Roast Lamb & Herby Yoghurt
108 Chorizo Mac & Cheese
108 Pork Medallions with Stilton Dauphinoise
123 Young Chicken Poêle with Baby Stewing Vegetables

Fish & Seafood

62 Oysters Pickled in Verjus with Cucumber & Jalapeno Chill
66 Mussels in Cider

Puddings & Bakes

24 Pear & Gingerbread Crumble
42 Baby Apple Tarte Tatin With Spiced Caramel
48 Gypsy Tart
48 Bramley Apple, Honey & Whisky Drizzle Cake
61 Parsnip Cake
84 Flourless Dark Chocolate Cake
90 Dark Chocolate & Ginger Loaf Cake
90 Chocolate & Cardamom Chelsea Buns
90 Chocolate & Almond Meringues
118 Make-Ahead Fruit Cake
118 Christmas Pudding
128 Fig & Walnut Fruit Cake
144 Apple Tarte Tatin

Sauces & Preserves

66 Cider Gravy
97 Wholegrain Mustard
97 Christmas Chutney
97 Brown Sauce
118 Traditional Mincemeat

Drinks

66 Mulled Cider
118 How to Make...Sloe Gin












KETTLE
VEGETABLE
CHIPS
GOLDEN PARSNIP
SWEET POTATO
& BEETROOT
LOVINGLY
CRAFTED BY
ANGELA EVANS

snowdoniacheese.co.uk

The season of glad tidings and great cheese

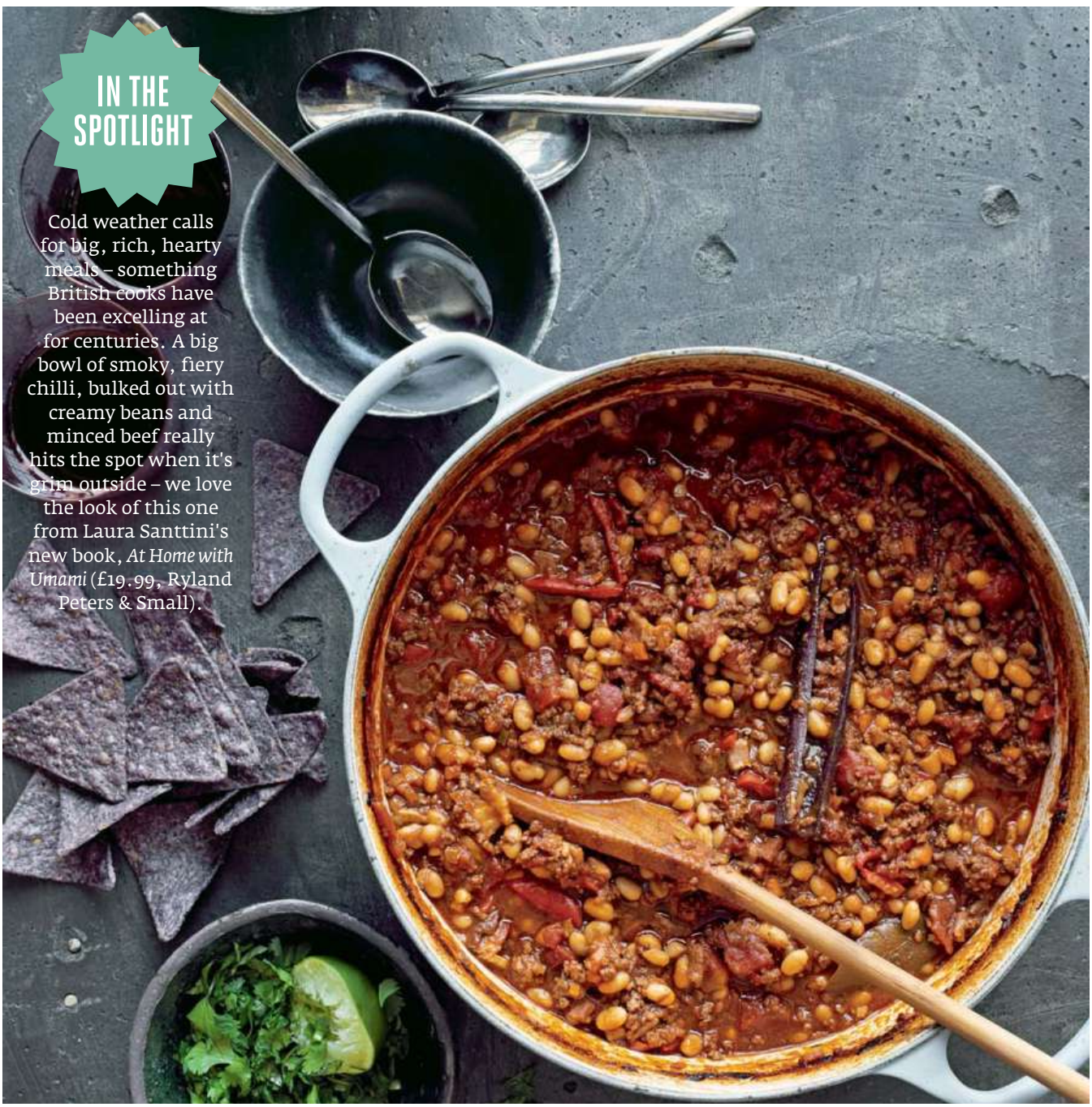


This month

HOT PRODUCTS * PEOPLE * EATING OUT * WHAT'S ON

Local – Seasonal – Brilliant!

November – chilly nights, bonfires and the first twinges of Christmas in the air. We can smell it already! While the fresh, fruity produce of summer is all but a distant memory, there's still gluts of apples to use up, and more root veggies than you can shake a stick at. It's also the perfect time for warming game stews, so get the casserole out and start cooking!

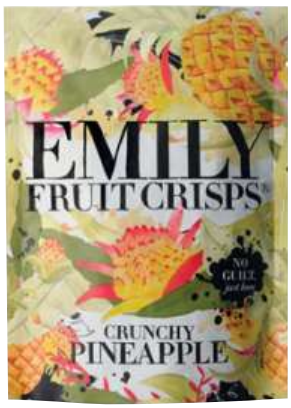


IN THE SPOTLIGHT

Cold weather calls for big, rich, hearty meals – something British cooks have been excelling at for centuries. A big bowl of smoky, fiery chilli, bulked out with creamy beans and minced beef really hits the spot when it's grim outside – we love the look of this one from Laura Santtini's new book, *At Home with Umami* (£19.99, Ryland Peters & Small).

Pick of the MONTH

Our favourite food, drink and accessories to celebrate the season with



FEELING FRUITY

These thinly sliced pieces of apple, banana and pineapple are crisp and full of flavour, making them the ultimate healthy snack. **Emily Fruit Crisps, £1.49, Ocado**



SPICEWORLD

Show off your spices in style with this modern rotating spice rack. Joseph Joseph **Spice Store Carousel, £35, Amazon**



DAM GOOD CHOCOLATE

Amazing packaging and full of superfoods – these bars are (almost) guilt-free! **Doisy & Dam Chocolate, from £1.75, doisyanddam.com**



WELL HUNG

One of the best chickens we've ever eaten – traditionally hung for bags of extra flavour. **The Thoughtful Producer Free Range Whole Chicken, £19.98, Ocado**



GOING FOR GOLD

This new range of flour from Chelmsford-based Marriage's is naturally high in fibre and great for homemade bread. **Marriage's Golden Wholegrain Flour, £1.29, Ocado**



TOP TIPPLE

Drinks producer Bottlegreen has released a new range of flavoured tonics – perfect for your pre-dinner G&T. **Bottlegreen Tonic Water, £1.69, Waitrose**

Happy Eating

What we're up to this month



Natasha, editor
As it's our cheese special this issue (p.101) I've been trying to work my way through my local deli's cheese counter. But there are so many different varieties, it's proving harder than I initially thought (not that I'm complaining)!



Tom, deputy editor
After discovering the joys of a pizza stone and how much of a difference it makes to the final product, I've been trying my hand at sourdough bases. I've managed to keep my starter alive for a month now – a new personal best!



James, editorial assistant
One of my favourite things is a big mug of proper coffee in the morning at the office, and this month I've been putting all sorts of brewing kit through its paces (see the results on p.69). With a bit of luck I'll be a world-class barista in no time!



REMEMBER, REMEMBER...

Bonfire Night is here again, which means being mesmerised by the heat and light of outdoor fires, mugs of mulled cider and – of course – toffee apples! They're incredibly easy to make at home and are always a big hit with kids. All you need is apples, sugar, golden syrup and a few squirreled away ice lolly sticks.
For the full recipe visit lakeland.co.uk.

Cheese of the Month... ROLLRIGHT

with Andy Swinscoe, Cheesemonger of the Year

David Jowett spent many years working for some of the best cheesemakers in the UK. In March this year he finally set-up by himself and created Rollright – a mellow, buttery-rich, washed-rind cheese. It expresses the rich and diverse clover pasture of his family farm deep within the Cotswolds.
For more information on Andy's shop in Yorkshire visit thecourtyarddairy.co.uk



GBF's Shopping Basket



Perfect for coeliacs or those who just want a lighter start to the day. **Mornflake Gluten Free Jumbo Oats, £2.99, Ocado**



One of the best value for money chopping boards we've seen – this will be with you for years. **Oak Chopping Board, £21.99, Lakeland**



This coveted piece of kit comes with £264 worth of free gifts – snap it up now! **Kitchenaid Artisan Stand Mixer, £348.95, hartsofstur.com**



Delicious root beer and cream soda made with all-natural ingredients. **Soda Folk Craft Sodas, £1.25, sodafolk.co.uk**



Q&A
Andre Garrett

THE CRITICALLY ACCLAIMED CHEF OF CLIVEDEN HOUSE TALKS RAMEN, PUBS AND DOVER SOLE

What do you love and hate about being a chef?
I love the creativity of the kitchen, working with like-minded colleagues and the atmosphere of a highly driven and busy kitchen and restaurant. I hate the fact that there are not enough young people coming into the trade and the way our industry is sometimes perceived.

What are the main differences between kitchens in Paris and the UK?
The gap between Parisian and UK kitchens has decreased dramatically; we are now as good as any nation in terms of skill and cooking. I would say we work harder in the UK, but my time in Paris 15 years ago was fantastic – the ingredients we used are still some of the best I can remember.

Which dish are you most proud of?
My take on Dover Sole `Veronique'. I love to read up on the history of particular dishes and recreate them for the modern palate; we should never forget where we came from.



"Chocolate cheesecake will just never fully rock my world"

SAYS YOTAM OTTOLENGHI. FIND OUT WHY ON P.148

Most memorable meal?
On a recent trip to New York with the Roux Scholarship, we ate at Per Se and Thomas Keller, Daniel Boulud and Jean Georges Vontrechien all cooked for us. It was such a memorable occasion and I think only Michel Roux Snr could have got those three great chefs to cook together.

Where's your favourite place to eat out?
Now I'm living in Berkshire and loving country life, there are great pubs with great food. Some of my favourites are Tom Kerridge's The Coach in Marlow, Dom Chapman's The Beehive in White Waltham and the Crown in Bray.

If you could only use one condiment for the rest of your life, what would it be?
I love Japanese cuisine! A steaming hot bowl of ramen will always be a favourite, heart-warming dish.

Great British Classics
foods that have stood the test of time

[FISH & CHIPS]



WHAT IS IT?
White fish – usually cod or haddock – dipped in batter and deep fried, served alongside proper chip shop chips and mushy peas. We all know and love it!

WHERE'S IT FROM?
It's generally thought that the idea of battering and deep frying fish was brought to the UK by Jews emigrating from Spain and Portugal in the 16th century, but it wasn't until the mid-19th century that fish and chips became popular. The first shop dedicated to the dish opened in London in 1860, with nothing more than a big cauldron of cooking fat heated with a coal fire to cook in.

WHY'S IT FAMOUS?
Fish and chips was a favourite with the working classes in 19th century England around the time trawl fishing became commonplace – it was cheap, fast and filling. The railway network meant large amounts of fish could be transported all over the country, and during the Second World War it was one of the few foods not subject to rationing. It remains popular today – after all, what's not to love about a big piece of crunchy battered fish and a pile of soft, hot chips?

Applewood® 50th BIRTHDAY

Join in the Celebrations! 50 years of Applewood® cheese!



Applewood®...perfect for baking, melting or just nibbling.

We're giving all **GBF** readers 10 bonus points to get started*.
Enter BIRTHDAY10 when you register.

10 BONUS POINTS

£20,000 OF EXCLUSIVE APPLEWOOD® CHEESE REWARDS AVAILABLE.

TAKE A LOOK: www.applewoodrewards.co.uk

www.applewoodcheese.co.uk /Applewoodcheese @applewoodcheese

*T&Cs apply. See website for details. Code BIRTHDAY10 limited to x 1 per person. Code value is 10 points only. Closes 31.12.15.

Where to go for...

a Sunday Roast

Take the family out for a roast to remember at one of these fantastic restaurants

1.HAWKSMOOR
has branches all over London (and now one in Manchester) and simply cannot be beaten when it comes to beef. A huge slab is plonked on top of perfect potatoes and veg.
thehawksmoor.com

2. THE INN AT WHITEWELL
in Lancashire is nestled in the Trough of Bowland, and turns out a cracking roast. Save room for pudding, which is just as nice as the main event.
innatwhitewell.com

3. THE STAR @ SANCTON
in Yorkshire is known, unsurprisingly, for its Yorkshire puddings, winning awards two years on the trot for its Sunday lunches**. thestaratsancton.co.uk**







What's on

Eat Jersey Food Festival
5 – 7 November
The Atlantic Hotel, Jersey
Michelin-starred chef Mark Jordan will be joined by chefs from the mainland to cook up all sorts of dishes using Jersey's fabulous produce over the first weekend in November. The festival will culminate in a six course tasting menu, making the most of local oysters, crab, lobster and beef. It's the perfect time to visit this beautiful island and see just how much it has to offer.
theatlantichotel.com

BBC Good Food Show Scotland
6 – 8 November
SECC, Glasgow
At the heart of this huge indoor celebration of everything food and drink is the Producers Village, where you can literally spend the whole day tasting your way around some of the UK's best produce. Once you've had your share of free samples, watch live chats on the Interview Stage and pose any burning questions, or head to the Bakes & Cakes Village, which has everything you could possibly need to satisfy your sweet tooth.
bbcgoodfoodshowscotland.com

International Food Photography & Film Day
12 November
Nationwide
This is the best day of the year for anyone who finds themselves taking pictures of everything edible – upload your snaps to social media with the hashtag #FeastSocial and be in with the chance of winning a hamper of amazing food! Check out the website for details on how you can enter the international Food Photographer of the Year contest, too. **pinkladyfoodphotographeroftheyear.com**



Clovelly Herring Festival
15 November
Bideford, North Devon
A wonderful event that pays homage to the history and heritage of this small fishing port's roots. Clovelly is still home to some of the UK's few remaining herring fishermen, and this year a 'Kipperland' exhibition will shed some light on this ancient profession. **clovelly.co.uk**

LOVE WINE FESTIVAL BIRMINGHAM
7 NOVEMBER
BIRMINGHAM
LOVEWINEFEST.CO.UK

KNEBWORTH CHRISTMAS FAIR
13 – 15 NOVEMBER
KNEBWORTH, HERTFORDSHIRE
OAKLEIGHFAIRS.CO.UK

TASTE OF LONDON WINTER
19 – 22 NOVEMBER
WAPPING, LONDON
LONDON.
TASTEFESTIVALS.COM

SHUGBOROUGH CHRISTMAS FAIR
27 – 29 NOVEMBER
MILFORD, STAFFORDSHIRE



New Bottle on the Block



A fantastic example of a cold climate pinot – fragrant, well balanced and light with lots of cherry and oak flavours. One of the few English red wines that can stand up to the continentals, proving we can produce a lot more than just award-winning sparkling wines. **Bolney Wine Estate Pinot Noir, £16.99, bolneywineestate.com**

FOODIE BAROMETER

WHAT'S HOT

BREWING SUCCESS
The total number of breweries in the UK is at its highest level since the 1930s

IN THE BAG
A 5p charge for plastic bags has been launched in England, saving the environment and raising millions for charity

PROTECTING PRODUCE
The EU is paying farmers £365 million to compensate for falling milk and meat prices, saving livelihoods

WHAT'S NOT

PRICEY PINTS
The cost of a pint of beer is 82p more than in Herefordshire

POOR EXPORTS
British food and non-alcoholic drink exports to the EU fell by 7.5% in the first half of 2015

FOUL FOWL
The Food Standards Agency has found around 73% of supermarket chickens carry dangerous food bugs



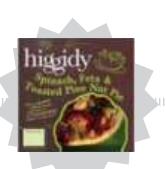
THAT'S A WRAP

Quicke's, one of the most celebrated Cheddar makers in the UK, has unveiled its new packaging, which pays homage to the company's exceptional heritage. Illustrator Joe Mclaren created a woodcut panorama depicting the local landscape, flora and fauna that inhabit the fields and woods around the Quicke family farm, and it now takes pride of place on all of Quicke's labels. quickes.co.uk

Three Perfect Pies



Huge chunks of beef and a rich, ale-infused gravy means this pie definitely only serves one! **Tom's Pies Steak & Ale Pie, £3.49, Ocado**



A veggie option that doesn't need meat – deliciously filling with a crunchy topping. **Higgidy Spinach, Feta & Toasted Pine Nut Pie, £3.70, Waitrose**



The original and best pork pie – lashings of English mustard an absolute necessity! **Dickinson & Morris Pork Pie, £3, Morrisons**



DRIPPING HECK

This year's supreme champion at the Great Taste Awards has gone to an unlikely product – beef dripping made by James Whelan Butchers in Co. Tipperary, Ireland. It beat 10,000 other entries to gain the top spot, thanks to its nostalgic credentials and ability to add a magnificent flavour to whatever it's used for. It's perfect for roast potatoes, pastry or just spread on toast. **jameswhelanbutchers.com**



SPEARS OF GLORY

At first, asparagus and gin might not sound like perfect bedfellows, but the distillers at Portobello Road have released 1,000 bottles of their award-winning spirit using the celebrated veg as a botanical. The resulting taste is truly unique and very delicious, and lets us enjoy the taste of one of Britain's best seasonal ingredients year-round. It'll only be on sale for a short time, and once it's gone, it's gone, so grab a bottle now. We can't think of a more British product! **portobelloroadgin.com**

DEWLAY®

Third Generation Cheesemakers, and much more...


Sustainable Cheesemaking



A Lighter Alternative



Garstang Blue
Deliciously Smooth,
Mellow and Indulgent


Garstang White – Made with creamy Jersey milk


Nick & Richard Kenyon,
Dewlay Cheesemakers





Award Winning
Range of Cheese


Handmade at the Dewlay dairy using locally Sourced Milk


P.D.O. Accreditation


Grating & Slicing
Capabilities


Third Generation
Family-Owned Dairy


Traditional
Lancashire Cheese

FARM PRODUCE AWARDS 2015
FOOD
WINNER

Dewlay Cheesemakers, Garstang, Lancashire, PR3 0PR.
www.dewlay.com 01995 602335

In Season

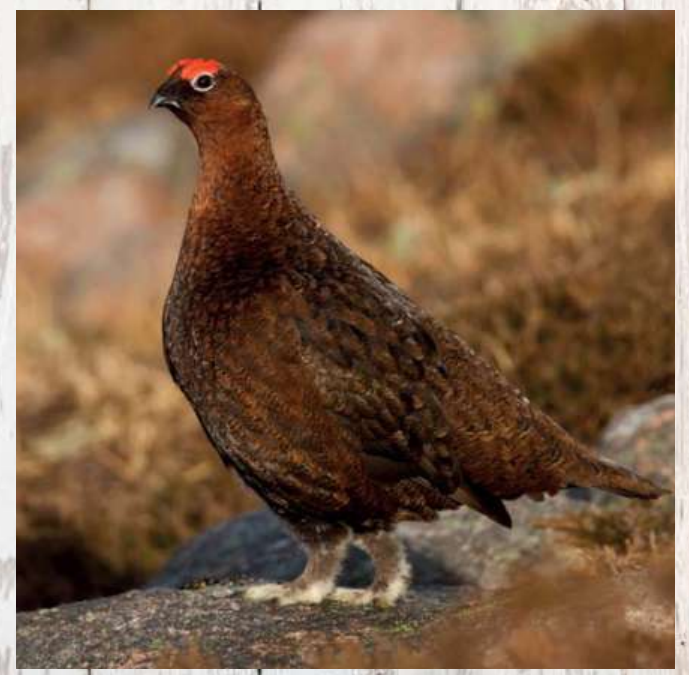
November is the time to really embrace comfort food - that means hearty roasts, warming pies and glorious one-pot dishes, all made with the season's tastiest fresh produce



ON THE MENU

* Squash *
* Grouse *
* Cabbage *
* Parsnips *
* Carrots *
* Mushrooms*
Potatoes
* Apples *
* Pears *







LEEK, MUSHROOM & GRUYERE PIE

Serves: 6
Prepare: 15 minutes
Cook: 30 minutes

3 medium potatoes, peeled and cut into cubes
1 tbsp sunflower oil
400g pack leeks, trimmed and roughly chopped
300g pack chestnut mushrooms, quartered
200g creme fraiche
100g Gruyere, grated
320g pack puff pastry sheet
1 medium egg, beaten

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Parboil the potatoes for 5 minutes and drain. While the potatoes are boiling, heat the oil in a medium saucepan and gently sweat the leeks and mushrooms for 4-5 minutes until beginning to soften.
2. Stir through the creme fraiche and grated cheese, and add the parboiled potatoes. Season with a small pinch of salt and some black pepper.
3. Place the filling in a medium rectangular baking dish just a little smaller than the pastry sheet, and top with the sheet of puff pastry,



EAT IT NOW: LEEKS

Leeks can be used as a sweet base to dishes in the same way as onions and shallots, but are far better as the star of the show. Smother them in cream and cheese for an indulgent side dish, use them in soups, as an easy toast topper or pile them high in a delicious pie like this. **Pair with: cheese, mustard, salty meats, potatoes, chicken, cream**

LEEK, MUSHROOM & GRUYERE PIE


ROAST GROUSE

EAT IT NOW: GROUSE

Arguably the most coveted of all game, grouse is renowned for its rich, complex flavour – the result of the birds grazing on wild heather, usually in Scotland. As with all game birds, the lean meat needs delicate cooking. Be sure to source yours from a reputable butcher or game dealer. **Pair with: autumn berries, wild mushrooms, orchard fruits, game chips, spices, parsnips**

cutting away any excess and pressing down the edges. To really impress, make a sweet decoration from the excess pastry and simply stick on with some beaten egg.
4. Brush all over with beaten egg and cut a hole in the top to allow steam to escape. Bake in the oven for 25-30 minutes or until golden and bubbling.

Recipes courtesy of waitrose.com

ROAST GROUSE WITH SPICED PEAR & SWEET POTATO KETCHUP

Serves: 4
Prepare: 15 minutes
Cook: 15-20 minutes plus resting

4 fresh grouse
250g soft, very ripe pears; peeled, halved, cored and chopped
100ml cider vinegar
½ tsp ground allspice
½ tsp ground cloves
2 x 10g good-quality vegetable stock cubes, crumbled
50ml olive oil
75g muscovado sugar
250g sweet potato, peeled and very finely chopped
1 tbsp cornflour, mixed with a little cold water
Salt and freshly ground black pepper
50g unsalted butter
2 tbsps of any oil

1. Start by making the ketchup. Put the pears in a saucepan with the vinegar, 100ml water, spices, stock cubes, olive oil, and sugar and cook for 15 minutes until they become a light pulp.
2. Cook the sweet potato in a saucepan of boiling water for 30 minutes, until very soft and overcooked. Drain well and add to the cooked pears, followed by enough water to cover and cook for another 15 minutes. Purée in a blender or food processor until it turns into a smooth sauce. Return to the pan and stir in the cornflour mixture, cook until thickened and season well with salt and pepper. The end result should resemble thick double cream.
3. For the grouse, preheat the oven to 220°C/Fan 200°C/Gas 7. Heat the butter with the oil in an ovenproof frying pan until foaming and a nutty brown colour. Season the grouse inside and out, place in the pan, and cook for 1 minute or until browned.
4. Transfer the pan to the oven and roast for five minutes. Turn each bird onto the other side, spoon over the buttery juices and roast for a further five minutes. Finally, turn the birds breast up, again spoon the butter over the birds and roast for another 5 minutes. Remove the pan from the oven, place the bird breast side down on a warm plate, cover loosely with foil, and leave to rest in a warm place for 15 minutes. Transfer the bird onto a chopping board.
5. Using a sharp knife, slice through the skin where the leg is attached to the breast, pull the leg back on itself so that the ball pops out of the socket joint and carefully pull the leg away. To remove the breast, carefully slice down the breast bone, continuing to cut along the wing then cut through the wing joint.
6. Gently peel the flesh away from the crown – the meat should be nice and pink. Repeat on the other side. Cover the legs and breast meat with foil and keep warm while you repeat with the remaining birds. To serve, cross the two legs on a warm plate, then lay the two breasts on top, with a small bowl of the ketchup on the side – simple and to the point.

Recipe taken from *Game* by Phil Vickery and Simon Boddy (£19.99, Kyle)

PORK HOTPOT

Serves: 3-4
Prepare: 15 minutes
Cook: 2 minutes

900g pork shoulder, collar or leg, cut into chunky cubes
100g dry cured unsmoked bacon lardons
1 tbsp rapeseed oil
2 onions, peeled and thinly sliced
2 garlic clove, peeled and roughly chopped
2 eating apples, cored and cut into wedges
Salt and pepper
2 sprigs fresh sage
300-450ml sweet cider
1 tbsp gravy granules
2 large carrots, peeled and thinly sliced lengthways
2 parsnips, peeled and thinly sliced lengthways
2 potatoes, peeled and thinly sliced
Knob of butter

1. Heat the oil in a large pan and add the pork cubes, bacon lardons, onion and garlic. Cook until the meat is lightly browned. Add the apple wedges, seasoning, sage leaves and cider. Allow to bubble for a bit, then add the gravy granules to slightly thicken the sauce.



PORK HOTPOT

EAT IT NOW: PARSNIP

This sweet and earthy root vegetable isn't for everyone, but few could argue with the deliciousness of honey roasted parsnips. When shopping look for small, delicate roots (bigger parsnips tend to be bitter) or tiny Piccolo parsnips, which are super sweet and can be cooked whole.
Pair with: Indian spices, beef, walnuts, carrots, honey, other root vegetables

2. Pour the mixture into a large deep casserole pot. Place the sliced vegetables on top of the meat, alternating and mixing up the vegetables to create a deep mixed vegetable layer. Dot with butter and cover with foil.
3. Place in the oven for 1½-2 hours (after 1½ hours check the meat by pushing a skewer through to feel how soft it is). Remove the foil and cook for a further 15-20 minutes until the vegetables are soft and golden. Serve with steamed seasonal greens.

Recipe courtesy of porc.wales

COLCANNON JACKET POTATOES

Serves: 4
Prepare: 10 minutes
Cook: 40 minutes

4 baking potatoes
½ savoy cabbage, shredded
350g tub essential Waitrose Cheese Sauce, or similar
1 bunch salad onions, thinly sliced
50g mature Cheddar, grated

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Prick the potatoes with a fork and microwave on full power for 12–15 minutes until soft.
2. Meanwhile, cook the cabbage in a large pan of boiling water for 4 minutes until tender. Drain thoroughly.
3. Halve the potatoes and scoop the flesh into a bowl, leaving a 5mm-thick shell. Mash the potato flesh then stir in the cheese sauce, cabbage and salad onions. Spoon the mixture back into the potato shells. Transfer to a baking sheet and scatter over the grated Cheddar. Bake for 20–25 minutes until piping hot and golden brown.

Recipe courtesy of waitrose.com



EAT IT NOW: CABBAGE

This hardy brassica adds a welcome splash of colour in months when fresh greens are less plentiful, and comes in many varieties – most commonly savoy, red, white and round. Most varieties benefit from being eaten raw, or very lightly cooked, however, red cabbage breaks all the rules by being delicious braised slowly. **Pair with: potatoes, cheese, cream, carrots, bacon, apples, sausages, chestnuts, mayonnaise**

SMOKED GARLIC & BUTTERNUT SQUASH RISOTTO

Serves: 4-6
Prepare: 10 minutes
Cook: 20 minutes

25g butter
1 tbsp rapeseed or olive oil
1 onion, peeled and chopped
3 tsps Very Lazy Smoked Garlic, or fresh crushed garlic
½ medium sized butternut squash or small pumpkin, peeled, deseeded and cut into 1cm cubes
1 litre hot vegetable or chicken stock
325g risotto rice
150ml dry white wine
2 x 100g rounds goats' cheese
125g baby leaf spinach
Salt and freshly ground black pepper

1. In a large saucepan, melt the butter with the oil, then stir in the onion and garlic and cook for 2-3 minutes, until the onion has softened.
2. Stir in the butternut squash and cook for a further 3-4 minutes, until starting to brown. Add 4 tablespoons of the stock, cover the pan and sweat the vegetables for 5 minutes.
3. Add the rice and cook for 2 minutes, then pour in the wine and cook for 2-3 minutes until absorbed. Stir in the stock 125ml at a time, stirring constantly, until most of the liquid has been absorbed.
4. Roughly chop 1 of the rounds of cheese and slice the other into 4 rounds. Stir in the chopped cheese and season well. If more liquid is required stir in hot water. The risotto is ready when the butternut squash and rice grains are tender.
5. Remove from the heat and stir in the spinach. Cover and allow it to wilt with the heat from the risotto. Serve immediately in bowls, topped with a round of cheese, freshly ground black pepper and a drizzle of olive oil.

EAT IT NOW: BUTTERNUT SQUASH

This vibrant squash is readily available and endlessly versatile – mash, roast, purée or bake it to use in comforting soups, risottos, curries, bakes and pasta dishes. Squashes come in all shapes and sizes, so why not experiment with something more unusual? We love spaghetti squash – the flesh inside looks just like noodles! **Pair with: feta, spinach, chorizo, sage, rosemary, tomatoes, pastry, rice**





Firecracker Bonfire Toffee

by Kate Henry

Get ready for Bonfire night with this Firecracker Bonfire Toffee. It is a dark rich toffee made using Opies Stem Ginger and studded with just a few chilli flakes to give it a firecracker hit!



INGREDIENTS:

You will need a tin or baking sheet, covered in grease proof paper.
A sugar/jam thermometer

140g Opies Stem Ginger in Syrup
75g Dark Brown Sugar
75g Caster Sugar
50g Unsalted Butter
150ml Double Cream
Pinch of Salt
½ Teaspoon Chilli Flakes
50g Opies Crystallised Stem Ginger

METHOD:

1. Prepare a tin or a baking tray with greaseproof paper.
2. Place the 140g of a jar of Opies Stem Ginger in Syrup (this equates to half a jar) into a food processor or blender and whizz until it forms a smooth puree.
3. Place the caster sugar, dark brown sugar, cream, unsalted butter and salt into the pan with the stem ginger puree and place over a medium heat ensuring you have remembered to pop in your thermometer.
4. Give everything a stir as it starts to melt and bring to a boiling point. You are looking to reach a temperature of 120C. This should take 10-20 minutes. Keep an eye on it and don't be tempted to turn the heat up or the ginger will burn.
5. Meanwhile, chop the Opies Crystallised Stem Ginger pieces into small chunks and set to one side. Then measure out your chilli flakes and place with the chopped crystallised ginger.
6. Once the toffee mixture has reached the critical 120C take it off the heat and quickly (but very carefully – this is as hot as the sun!) stir in the chilli flakes, then working in a speedy manner, pour onto your prepared tin or baking sheet. Sprinkle the chopped Opies Crystallised Stem Ginger over the top.
7. Now for the hard bit… You'll have to wait a couple of hours for it to harden before you can eat it!

If you like, you can wait about 10 minutes and score the surface of the hardening toffee to create even squares once hardened. If you prefer a more rustic look (or you forget!), use a toffee hammer to crack it. But who has one of those? I have been known to use the end of my rolling pin!

Opies

opiesfoods.com/kate







RACHEL ALLEN'S AUTUMN SUPPERS

Inspired by the produce farmed on Ireland's craggy Atlantic coast, these warming suppers from Rachel Allen are just the thing for colder nights

PORK SCHNIZEL WITH SAGE BUTTER

Serves: 4–6 as a main course
Prepare: 15 minutes
Cook: About 25 minutes

600–700g fillet of pork, cut at an angle into 1cm thick slices
50g plain flour
Salt and freshly ground black pepper
100g fine white breadcrumbs (fresh or frozen)
Grated zest of ½ lemon
2 eggs, beaten
Butter and extra virgin olive oil, for frying

For the sage butter:
2 garlic cloves, peeled and crushed
100g soft butter
1 tbsp chopped sage
1 tbsp lemon juice

1. Mix all the ingredients for the sage butter in a bowl. Put it on a sheet of greaseproof paper, roll into a log and chill.
2. Place the pork fillet slices between two sheets of cling film and, using a rolling pin, gently beat until flattened to about 5mm thick. Mix the flour with a pinch of salt and a twist of pepper in a bowl big enough to toss the pork in; in

"This is a twist on the classic cassoulet. It's basically a stew of meat and haricot beans, but basic it is not. Often containing a variety of different meats, a true cassoulet should be cooked long and slow to give a succulent result"



ON THE SIDE
This flavour-packed plum preserve is the perfect accompaniment to all kinds of warming autumn dishes – try it with roasts, game, cheese or curries. £3.75 chazwinkles.co.uk

another bowl mix the breadcrumbs with ¼ teaspoon of salt, a few twists of pepper and the lemon zest; and in a third bowl whisk the eggs together.

3. Dip each piece of pork into the flour, then into the egg and then in the crumbs. Make sure they are well coated. Heat 1 tablespoon each of butter and olive oil in a frying pan and fry the schnitzels in batches until golden brown, adding more butter and oil when needed. Keep the cooked schnitzels, uncovered, in a warm oven while you cook the rest. Serve with slices of sage.

CHICKEN CONFIT

Serves: 4
Prepare: 5 minutes, plus overnight marinating
Cook: 1 hour, 45 minutes

4 whole small chicken legs, or 4 large chicken drumsticks or thighs
325g duck or goose fat, or extra virgin olive oil
1 bay leaf
2 sprigs of fresh thyme
3 garlic cloves, unpeeled and bashed
8 black peppercorns

For the marinade:
2 large sprigs of fresh thyme
2 bay leaves
1 tbsp sea salt
2 cloves of garlic, peeled and bashed
1 tsp cracked black peppercorns

1. Combine all the ingredients for the marinade, rub into the chicken and marinate overnight.
2. The next day, preheat the oven to 170°C/Fan 150°C/Gas 3. Rinse the marinade off the chicken with cold water, then pat dry with kitchen paper, making sure to dry it very well. Place the duck or goose fat or olive oil in an ovenproof saucepan that the chicken will fit snugly into. Add the bay leaf, thyme sprigs, garlic and black peppercorns.
3. Bring up to a simmer on the hob, adding more fat or olive oil if the chicken is not covered in it, then cover with a lid and transfer to the oven. Cook for 1–1½ hours until completely cooked, and the meat is almost falling off the bone, but not quite. Pour into a deep bowl and ensure that the chicken is completely covered with the fat. Allow to cool, then cover and store in the fridge – it will keep for up to 6 months
4. If using straight away, remove the chicken from the fat. Place a frying pan on a medium–high heat, add 1 tablespoon of the fat and place, skin side down, in the pan. Cook for 6–8 minutes till golden and crisp. If it has been in the fridge, preheat the oven to 200°C/Fan 180°C/Gas 6. Fry the chicken in the pan as above, then turn it over and pop it into the oven for a further 10–15 minutes to finish heating, before serving.

CHICKEN CONFIT CASSOULET WITH CHORIZO CRUMBS

Serves: 4
Prepare: 15 minutes
Cook: 1 hour

2 tbsps chicken, duck or goose fat, or extra virgin olive oil
2 sticks of celery, trimmed and finely chopped
150g carrots, peeled and finely chopped
200g onions, peeled and finely chopped
2 garlic cloves, peeled and chopped
Salt and freshly ground black







pepper
100g bacon lardons, smoked or unsmoked
1 x 400g tin of chopped tomatoes
1 tsp sugar
475g cooked haricot beans, or 2 x 400g tins, drained and rinsed
400ml chicken stock
4 confit chicken legs, drumsticks or thighs (see recipe above)

For the chorizo crumbs
3 tbsps extra virgin olive oil
60g chorizo, peeled if cured (soft, fresh chorizo doesn't need peeling) and finely chopped
60g fresh white breadcrumbs (or you can use frozen)

1. Place a medium–large saucepan or flameproof casserole on a medium heat, add the fat from the chicken confit or olive oil, then tip in the celery, carrot, onion and garlic. Season with salt and pepper, turn down the heat, cover the pan and cook for 7–8 minutes till softened. Add the bacon lardons, cover again and cook for a further 5 minutes. Add the tomatoes, sugar, beans and stock and bring to the boil, then turn the heat down and simmer, uncovered, for 10–15 minutes until all the flavours have infused. Season to taste.
2. Meanwhile, place a frying pan on the heat and allow to get hot. Place the chicken pieces, with some fat







clinging to them, skin side down in the pan and cook for about 5 minutes until golden. Then place, skin side up, in the pan with the tomato bean mixture and simmer for a further 10 minutes or until the chicken is hot in the centre. The cassoulet can be prepared ahead up to this point.

3. To make the chorizo crumbs, place a frying pan on a low–medium heat and before it has a chance to get hot add the olive oil and chopped chorizo and cook slowly for a few minutes, stirring regularly until lots of lovely amber-coloured oil has rendered from the chorizo and the chorizo itself has turned a little crispy. Remove the chorizo from the pan, leaving all the oil behind, and set aside.

4. Tip the breadcrumbs into the oil in the pan. Stirring very regularly, cook the crumbs for a few minutes until they too become golden and a little crisp. Tip the chorizo back in and mix together, then tip out of the pan onto kitchen paper and set aside until you want to use it.

5. When ready to eat, preheat the grill. If it's been prepared ahead, heat the casserole on a medium heat for a few minutes, then scatter the chorizo crumbs over the top and cook under the grill until hot and bubbling, 3–4 minutes. Serve from the pot on the table with some kale or buttered cabbage.

ROAST RACK OF LAMB WITH FRESH APPLE & MINT CHUTNEY

Serves 4–6
Prepare: 10 minutes, plus resting time
Cook: 35 minutes

2 racks of spring lamb (6–8 cutlets each)
Salt and ground black pepper

For the fresh apple and mint chutney:
1 large cooking apple (such as Grenadier or Bramley Seedling), peeled and cored
Large handful of fresh mint leaves – Spearmint or Bowles mint
50g onions, peeled and roughly chopped
20–50g (¾–2oz) caster sugar (depending on tartness of apple)
Salt and cayenne pepper, to season

1. Preheat the oven to 220°C/Fan 200°C/Gas 7. Score the fat of the racks into roughly 2–3cm squares or diamonds, making sure to cut through only the fat, not the meat. Sprinkle the scored fat with salt and pepper and place on a roasting tray, fat side up. You can either cook it straight away or refrigerate until needed.

2. Roast the racks for 25–35 minutes depending on the age of the lamb (very small racks in spring might take just 25 minutes, but larger racks later on in the year might take 35 minutes to cook) and degree of doneness required. When cooked, remove the lamb to a warm serving dish. Turn off the oven and leave the lamb to rest for 5–10 minutes before carving.

3. Meanwhile, put the apple, mint, onions and sugar in a food processor and whiz to combine, then season with salt and cayenne pepper. Carve the lamb and serve 2–3 cutlets per person, depending on the size of the cutlets. Serve with the chutney.

PEAR & GINGERBREAD CRUMBLE

Serves: 6
Prepare: 10 minutes
Cook: 50 minutes

6–8 pears, peeled, quartered and cored
110g caster sugar

For the crumble:
200g gingerbread
75g oat flakes
75g unsalted butter, melted

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Cut the pears into chunks 2–3cm in size and place in a saucepan with 50ml water and the sugar. Cover with a lid, place on a low heat and cook for 8–10 minutes until the pear is soft. Tip into a 1 litre capacity pie dish or 6 individual ramekins.

2. To make the crumble, break the gingerbread up into crumbs, leaving it slightly coarse. Mix in a bowl with the oat flakes and melted butter, then pour over the pear mixture so that it's coating the pears evenly. Bake in the oven for 30–40 minutes until slightly crunchy on top. (Individual ramekins will take 15–20 minutes.) Serve with softly whipped cream or custard.

Recipes taken from *Coast: Recipes Inspired by Ireland's Wild Atlantic Coast* by Rachel Allen with photography from Maja Smend. (£25, HarperCollins).

CALLING ALL MILK-LOVERS

Wherever you buy our milk, rest assured we always pay our farmers a fair price for it. We've worked with some of them for over 20 years and, as farmers ourselves, we know everyone needs to make a living.

OUR MILK WILL ALWAYS:

- ✓ Come from our farm or the Organic Milk Suppliers Cooperative
- ✓ Come from cows fed on a pesticide- and GM-free diet
- ✓ Come exclusively from British farms
- ✓ Taste great, the right way

FIND OUT MORE AT:
YEOVALLEY.CO.UK/MILKLOVERS

Yeo Valley FAMILY FARM



The GBF Notebook

What you're up to in the kitchen this month





WIN!

WRITE US A STAR LETTER AND WIN OXO GREENSAVERS!

Waste less and save more with OXO's innovative new GreenSaver collection; a revolutionary new carbon activated system that keeps your produce fresher for longer. These handy boxes are great for storing items such as lettuce, green beans, broccoli and grapes, while the larger one is better for carrots, cucumbers and celery.

Available from Lakeland.

Star Letter

I was gob smacked by the intricately designed cakes and bakes in your Frances Quinn feature in the last issue. After reading it I sprang into action and made some Fried Egg Cakes for my family. I love working some arts and crafts into my baking and seeing the artistic flare on the pages inspired me to then make my own cake in the shape of a classic red post box. I'm now constantly on the search for other nifty shapes and objects I can add to my cooking!

Rose Pescott, via email

We're glad Frances' show-stopper recipes inspired you so much, Rose. We're big fans of awe-inspiring aesthetics on a bake – it's really nice to see the nation captivated by baking at the moment! Make sure you send us a photograph of your impressive creations and we'll include them on this page in the future.

Your Kitchen Creations

SOME OF YOUR BEST HOMEMADE DISHES

1. **@sophie_hyam**
Fillet of beef roasted with seasonal accompaniments for a birthday meal #perfectSunday

2. **@cocoaMochoc**
Organic Belgium and milk chocolate tart with caramelised hazelnut

3. **@bakingfanatic1**
Lower-fat and gluten-free chocolate and raspberry mousse domes for a dinner party. So easy and really tasty. Thanks @BuyBritishFood for the idea to make this!







Get in touch

Send us photos of your homemade dishes, your restaurant and deli discoveries, share cookery tips or send us letters and emails – we love to hear from you!

WRITE IN: **Great British Food, 25 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY**

YOUR Edinburgh

The Scottish capital is bursting at the seams with culinary hotspots. Whether you have a taste for Michelin-starred restaurants or tucked away cafés, there's really something for everyone. Here are some of your favourite places to eat





@MartinDewar
Highly recommend a visit to @FirstCoast1 if you're peckish!

@Ghalkerston1
La Piazza in Shandwick Place has to be one of my favourite Italian restaurants

@McgrathSiobhain
My picks are @oldchainpier Newhaven, @brigbarleith, great food, great atmosphere, lovely staff

@Nephertiti1966
The Mitre on Royal Mile for the best burgers, haggis, desserts, atmosphere and a ghost story!



No more gloopy gravy

DON'T LET A TERRIBLE BATCH OF GRAVY RUIN YOUR ROAST! MAKE SURE EVERY SUNDAY LUNCH RUNS SMOOTHLY BY LISTENING TO THESE EXPERTS.



For me, there are always three main things to remember when making the perfect gravy; timing, observing, and making sure there's lots of it! Plenty of time is definitely key. For Sunday roasts, I always start making it on the Thursday from stock while constantly checking it.
Scott Fairweather, head chef, the-punchbowl.co.uk



I tend to use Marmite and soy sauce. Just a touch makes a difference and you shouldn't be able to taste it, but will be able to detect the improvement. Slowly caramelise your onions so they are dark brown before adding stock; this can be done the day before.
Eric Snaith, head chef, titchwellmanor.com

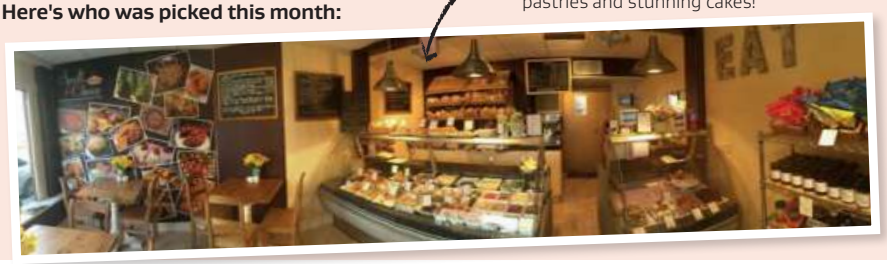


You can make your gravy just like the chefs do by roasting meat bones and simmering them for hours to concentrate their flavour, or you can make it by using the roasting juices and seasoning with cacao along with the salt and pepper.
Willie Harcourt-Cooze, chocolatier and chef, williescacao.com

#LoveYourDeli

Each issue we reach out to our online community to discover more of the UK's fantastic delis. Here's who was picked this month:

@Tori79
Definitely @SFC_Chester. Amazing local #deli selling delicious homemade pies, pastries and stunning cakes!



EMAIL: **james.fell@aceville.co.uk**

TWEET: **@BuyBritishFood**

FACEBOOK: **facebook.com/greatbritishfood**


2014-15
WORLD
Hot Sauce AWARDS
5 AWARDS
UNCLE ROY'S COMESTIBLE CONCOCTIONS
2001-15
GREAT
TASTE AWARDS
36 AWARDS
WORLD
HOT SAUCE
AWARDS
WINNER
2014
WORLD
HOT SAUCE
AWARDS
WINNER
2015
TWO CHAMPION AWARDS
ONE SECOND PLACE AWARD
ONE CHAMPION AWARD
ONE THIRD PLACE AWARD
A TASTY HONEY, HERB & MUSTARD DRESSING
UNCLE ROY'S
ONE & ONLY
DRESSING
For Salads, Meats & Vegetables
SUPER HORSERADISH SAUCE
EXTRA SPECIAL CONDIMENTS
CHILLI - CHUT
Tomato and Chilli Ketchup
WORLD HOT SAUCE AWARDS
HOT STUFF !! By Uncle Roy
These - and many more - from top stores or from www.uncleroys.co.uk



Valentine's KITCHEN

GBF columnist Valentine Warner leaves the stresses of London life behind with a trip into the wilds of South Cornwall

From the minute we wake, noise, radio waves, branding and non-information come at us like a shower of arrows resembling Agincourt. A breakfast diet of death and mayhem, celebrity cellulite, Justin Beiber's latest idiocies and media fire-stoking take you from starving child to catwalk absurdity in the turn of a page. It's too much and on top of this my fizzing mind is grasped in a default setting of perpetual observation, an ability to immediately spot a missing finger in a crowd of thousands.

Throw in impatient drivers (beeping won't get you there any faster), emails, zombies in earphones and suddenly my shutters slam down. I realize I've been stroking my phone like it's an over-loved hamster, questioning whether Twitter is a disease of the ego. I'm bursting out of my skin, overwhelmed by cement and irritation. 'Get yourself to the country'.

The Hut

So a weekend to South Cornwall with my close mucker Andy couldn't come quick enough. No obligation weekends are as rare as corncrakes and the minute we pulled free from the claws of London I was looking forward to my jumper getting caught on brambles. I'm lucky that the very things I enjoy mean that I need to be in the woods or waist high in water, but I'd say for anyone, taking yourself away to green spaces, even for a 20 minute walk will recalibrate and calm any mind.

Headlights on in the twilight and drizzle we tussled with the padlocked gate and crept down a mile of muddy track, through woods some might find scary. The hut was a silhouette and in the background the Lynher River jostled, rushed and gurgled. The air was full of river smells, moss and owls.

Candles were lit and giant moths immediately started to bump around the flickering orange interior. Sleeping bags were unrolled onto squeaky bunks and tins unpacked. We fished for sea trout in the inky, dripping woods, flicking worms from our pockets towards sploshes. At 4am the little green lights from glow worms marking the edge of the bank and guided us home.

Daytime; we spat toothpaste into the grass and ignored soap, a wash in the river for cleaning the soul and quickening the heart. Black coffee was poured into enamel cups and fried sea trout was breakfast.

An excursion to the pub, with cider, rum and the warming chatter of locals restored my faith in kindness.

Come the return trip, my jeans were two-tone with wet, my nails muddy and my hair volumised with fire smoke and bacon fat. Happiness! Mother Nature is a wonderful mother if you remember her.



ILLUSTRATION: LOUISE ABBOTT









Make this Christmas all about you with the

Blue Chip Experience

Blue Chip Holidays offer a wonderful selection of premium self catering properties in the South West, Dorset, Yorkshire and the Isle of Wight, and are a great option for those looking for something a bit special for their next getaway.

Wanting their guests to make the most of their well-earned rest and relaxation, Blue Chip Holidays has recently launched Blue Chip Experience. Using expert local knowledge and suppliers, the concierge team will craft bespoke activities and adventures exclusively for guests.

There's only one thing dreamier than Christmas in your perfect home from home, and that's a whole team of experts on hand to make sure it's all about you.

To celebrate the launch of the Blue Chip Experience, you can save up to £50 off* any experience when you book a festive break. That means whether you fancy waking up to a Christmas hamper filled with seasonal goodies, welcoming a private chef to cook something magical for you, or succumbing to some pampering with a massage right in your property, they'll plan it all.

If you're escaping for a cosy Christmas for two then the Blue Chip Experience team have all kinds of ways to surprise your partner when you arrive at your property to make the memory extra special. Are you planning on popping the question in front of the tree this year? Ask the team how they can help you celebrate with a bottle of bubbly, chocolates or luxury treats...well it's Christmas after all.

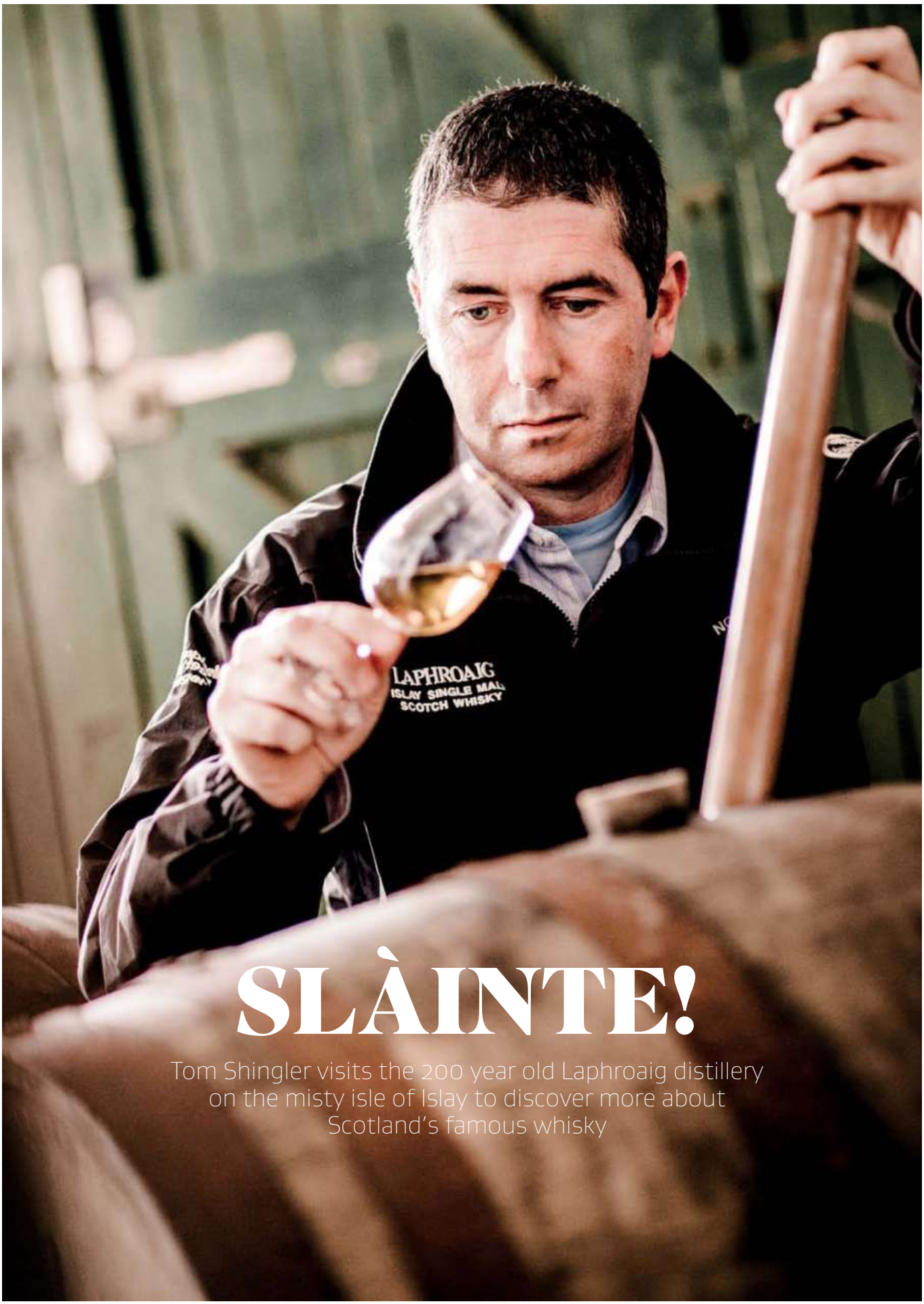
If this Christmas break's going to see the whole clan get together then you'll find a whole selection of experiences to make it memorable for the kids, mum and dad and anyone else that might be joining you.

How does a winter horse ride sound to take in the scenery? Whatever your idea of the perfect Christmas, the Blue Chip Experience team are waiting to help make it happen and take the stress out of planning it, and you could even save up to £50 off* as a thank you for celebrating with them.

blue chip HOLIDAYS .CO.UK

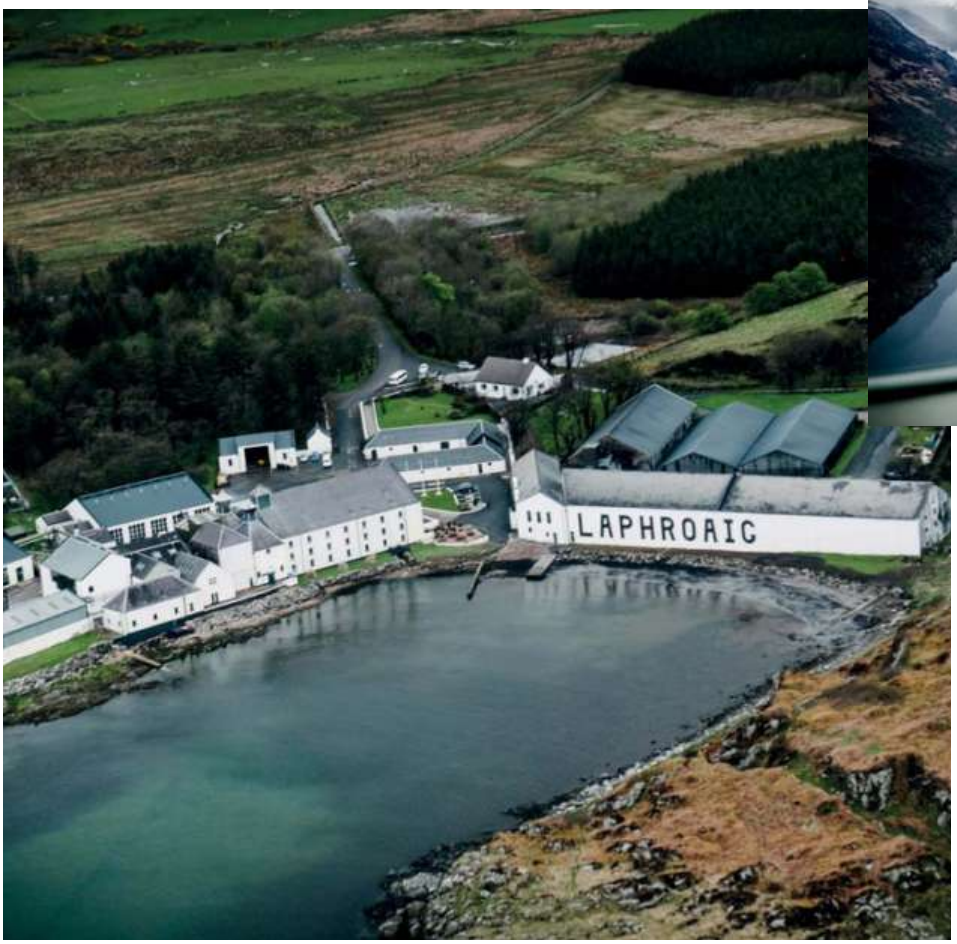
For more information and details of how to book visit bluechipholidays.co.uk/craft-your-perfect-christmas or call 0370 218 7639

*TERMS AND CONDITIONS APPLY. SUBJECT TO AVAILABILITY. SEE WEBSITE FOR FULL DETAILS.



SLÀINTE!

Tom Shingler visits the 200 year old Laphroaig distillery on the misty isle of Islay to discover more about Scotland's famous whisky







ABOVE: ISLAY FROM THE SKY
LEFT: LAPHROAIG DISTILLERY
RIGHT: THE MATURING ROOMS
BELOW: TASTING THE DRAMS

As I clamber aboard the sea plane that's going to take me from Loch Lomond, outside Glasgow, to a distillery on Islay (pronounced *eye-lah*), I've already fallen for Scotland's craggy, feral landscapes. Being able to see the jagged mountains, winding rivers and vast lochs from the air just adds to my love affair with the country's beautiful wilderness. But even though I've visited some of Scotland's islands before, nothing compares to the beauty found on Islay, a whisky-steeped island off the west coast. There are eight single malt distilleries jostling for space there, each producing their own, unique drams that are famous the world over. But I'm here to visit one of the most highly regarded – Laphroaig, which celebrates its 200th anniversary this year.

Islay whisky is different from any other spirit made in Scotland (or, indeed, the world) as it makes use of the island's most abundant resource – peat. Peat is decaying vegetation that's only found in bogs, peatland or marshes; think of it as a sort of wet soil. Distilleries will cut the peat into bricks, leave it to dry naturally, then burn it and use the smoke to dry and flavour barley. It gives off a wonderful smell, which in turn flavours the whisky and results in a smoky dram that's unlike anything else.

Location, Location, Location

Much like the terroir of wine, the flavour of whisky is affected by the environment in which it is produced. Islay's countryside is certainly unique, so it's no wonder the spirit from the island is so full of character. A combination of salty sea air, seaweedy breezes and the vast amount of peat that makes up most of the ground can all be tasted in the whisky. The Laphroaig distillery is right on



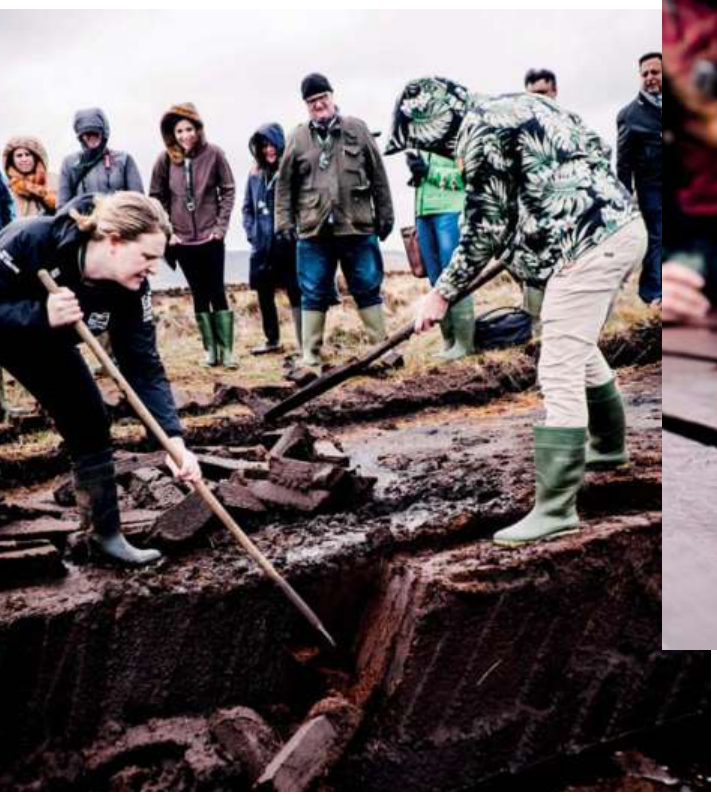




"Lagavulin is a distillery just a mile away from Laphroaig. The ingredients we use are nearly identical, but tiny differences mean our malts are completely different."

the coast, with waves literally lapping against the bright white buildings. Master distiller John Campbell grew up on the island, and even as a boy, whisky was a huge part of his life.

"I always used to play football in the Laphroiag manager's garden, so for me it was always going to be the distillery I'd end up working at," he tells me. "I'd been a lobster fisherman for a few years before coming here, but the job was too seasonal and I wanted something a bit more stable. It's great to work for a





LEFT: CUTTING THE PEAT
ABOVE: LAPHROAIG'S SIGNATURE EXPRESSION
RIGHT: THE ISLAND'S COASTLINE
BELOW: MILLING THE BARLEY

company that's known around the world, and even though I'm up all night getting things fixed sometimes I love every single aspect of my job. Only 20 people help to make Laphoraig, but it's the biggest peated single malt on the planet and we sell every single drop we produce. It's great to be a part of that team."

On Islay, John gave me the full tour (with a glass of whisky never too far from arm's reach). I was shown the peat fields where Laphroaig cuts and dries its peat, right through to where they dry the malt, smoke it, then turn it into whisky in beautiful, bright copper stills before 'putting it to sleep' in a huge warehouse full of barrels. It's a relatively simple process, but just the tiniest tweak can make all the difference to the end product.

"It's crazy how much one whisky can differ from another," says John. "For example, Lagavulin is a distillery just a mile away from Laphroaig. The ingredients we use are nearly identical, but tiny differences mean our malts are completely different. We have our own floor maltings [a big room where barley is prepared for fermentation], whereas they get that done elsewhere, and we have smaller pot stills. Lagavulin use sherry casks to mature their whisky, while we use bourbon. These might seem like little details, but when you're leaving the spirit to age over ten years, those details get magnified and have a real effect on the final flavour."



Different Strokes

Because Laphroaig is one of the most heavily flavoured single malts on the planet, it's gained a reputation as a bit of a 'marmite' whisky – you either













HOW LAPHROAIG IS MADE

1. Barley is 'malted' by being soaked for a few days in water, then spread on the floor of a malting house. Once it germinates, it is then dried and flavoured using peat smoke.
2. The dried barley is ground down then added to water. The mixture is stirred then strained and moved to a new container, where yeast is added and fermentation begins.
3. Copper stills are used to distil the spirit. These are heated so the liquid vapourises and rises up into the neck, where it condenses and is transferred to a second, smaller still. Here, the alcohol is divided into three. The first and last drops to condense are returned to the first still. Only the alcohol from the 'middle' is used to make Laphroaig.
4. The whisky is placed into oak casks and left to mature. During this time, the flavour of the whisky combines with the flavours in the wood to give the spirit its colour and aroma. When it's ready to bottle, the whisky is watered down (when it's in the cask it is usually between 65-70% ABV) to whatever strength the distiller wants. It's then good to pour, before shouting *slàinte* (Scottish Gaelic for 'cheers') and drink!



LEFT: BURNING THE PEAT
BELOW: JOHN TALKS ABOUT LAPHROAIG'S COPPER STILLS







love it or hate it. Even the distillery's advertising team are aware of this, filming people's reactions to drinking it and getting them to describe what it's like. Comments include everything from 'It tastes like Bigfoot performing Swan Lake on my tongue' to 'Like having a grenade of peat explode in your mouth'. But the people who love it are fiercely loyal, and many of them take the trip to Islay to look around the distillery, pick up a few bottles and even have the chance to plant a flag in their own square foot of peatland.

Personally, I can't think of a better whisky – while unpeated malts are sweet, fiery and taste like toffee and fruitcake, Laphroaig's unmistakable smoky peat flavour is the most evocative drink I've ever come across. You can't help but think of Scotland when you pour yourself a glass.

"It's hard for me to choose a favourite expression – it's like choosing your favourite child!" says John. "But the Ten Year Old is what Laphroaig is all about. That's the taste of this island." I think all of them have their merits, but whenever I'm feeling nostalgic about my time on Islay, I simply uncork my (rapidly dwindling) bottle of Laphroaig 15 Year Old, pour myself a dram, and I'm instantly transported back to that misty, magical place.

DAPPER DRAMS

Laphraoig's top single malts

Laphroaig 10 Year Old
The flagship dram responsible for the distillery's fame. If you've never had Laphraoig before, this is the one you should try. £36.98 from laphroaig.com





Laphroaig 15 Year Old
This limited edition release to celebrate the distillery's 200th anniversary is incredibly complex. £69.50 from masterofmalt.com

Laphroaig Cask Strength 007
At 56.3% ABV, this is the undiluted version of the 10 Year, with more fire, peat and earthy flavour. £47.76 from laphroaig.com



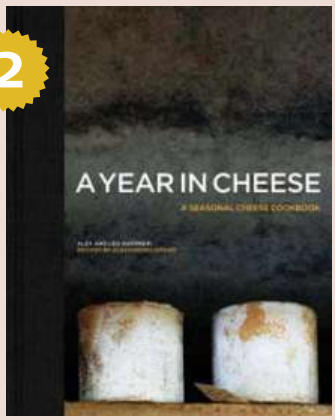
Off the PAGE

Get inspired with our round-up of the month's most tempting reads

1



2



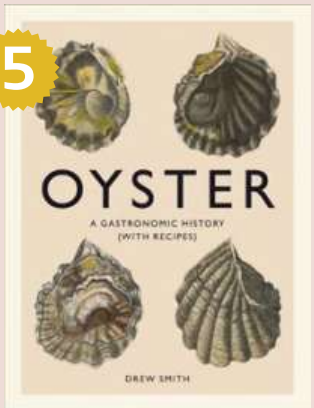
3



4



5



1 ***The Hairy Bikers' Meat Feasts*** **by Si King and Dave Myers (£22, Weidenfeld & Nicolson)**
A big and bold celebration of everything meat, this book is jam-packed with recipes which will have you sharpening your knife and preparing all sorts of hearty dinners. Perfect for the colder months, there are winter warmer favourites like shepherd's pie, casseroles and chilli con carne, with a few lighter options like salads and soups thrown in for good measure. Expect the light-hearted anecdotes and dinner ideas which we all know and love from the bearded duo, plus tonnes of tips on buying the correct cut for your recipe, ageing and hanging techniques, what to look for in pork and more.
Out now

2 ***A Year in Cheese*** **by Alex and Léo Guarneri (£20, Frances Lincoln)**
Not many people think of cheese as being seasonal, but it's actually just like fruit, vegetables and meat – each cheese has a time of year when it's at its best. Alex and Leo have successfully combined their cheese knowledge in this sophisticated book, presenting over 55 classic and inventive recipes which make the most of the seasonal ingredient. Prepare to learn about animal grazing schedules, optimal milking times and perfect ageing durations alongside the recipes, too. This book will make you look at cheese in a completely new light.
Out now

3 ***Eating Well Made Easy*** **by Lorraine Pascale (£20, Harper Collins)**
Known for writing delicious recipes which are simple and easy to make, Lorraine has transferred her signature style into an excellent new book. Crammed full of nutritious and healthy meals which are ideal for busy home cooks, it's neatly divded into helpful weekday, extravagant Saturday and wholesome Sunday meals, so you'll never be lacking in inspiration. With stunning photography throughout and some handy tips, it serves as an essential guide to making every mealtime delicious, nutritious and easy.
Out now

4 ***Eat Like a Londoner*** **by Tania Ballantine (£9.99, Frances Lincoln)**
With over a decade's experience of reviewing restaurants under her belt, Ballantine takes locals and tourists beyond the standard guidebook destinations to offer an insider's guide to the top foodie spots in London. The book neatly presents a list of more than 100 outstanding destinations in the capital, from eateries that put the city on the culinary map to cult neighbourhood joints. Get off the tourist trail with the handy maps and area guides, which shed light on the places you'd kick yourself for missing.
Out now

5 ***Oyster: A Gastronomic History*** **by Drew Smith (£18.99, Abrams & Chronicle)**
Tracing the oyster's role in cooking, art, politics and literature from the dawn of time to the present day, this book chronicles times when the shellfish was at its most prevalent as well as top oyster locations, their long-term influence, scientific facts and a huge array of illustrations and images. Once you've finished learning everything you could possibly need to know about the oyster, you can crack on with the 50 recipes it includes from some of the best restaurants in the world.
Out 6th October

The Spice Trail

Warming Indian spices aren't just for curries – here chef Anjali Pathak uses all kinds of delicious aromatics to transform familiar dishes into something truly memorable



BALTI-BAKED SQUASH WITH FETA, TOMATO & MINT

Serves: 4
Prepare:10 minutes
Cook: 1 hour

2 butternut squash, cut in half lengthways and seeds removed
1 tsp cumin seeds
½ tsp coriander seeds
½ tsp black peppercorns
½ tsp dried chilli flakes
1 tsp garam masala
1 tbsp vegetable oil or light olive oil
50g spinach leaves, roughly chopped
50g Feta cheese, crumbled
2 garlic cloves, peeled and finely chopped
2 tbsps finely chopped mint leaves
6 sun-dried tomatoes in oil, drained and roughly chopped
Grated rind and juice of 1 lemon

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Lay the squash, cut-side up, on a baking sheet.
2. Roughly crush the cumin and coriander seeds, peppercorns and chilli flakes with a pestle and mortar before mixing in the garam masala and oil. Rub all over the squash, especially on the flesh side, and bake in the oven for 45 minutes, or until you can put a knife through the flesh of the squash easily.
3. In the meantime, make the filling by mixing together the spinach, feta, garlic, mint, sun-dried tomatoes and lemon juice.
4. When the squash is soft, take out of the oven and scoop out nearly all the flesh, leaving a 1cm border of flesh around the

inside of each squash half. Mix the scooped-out squash with the filling and pop it all back into the grooves you have just carved out. Sprinkle over the lemon rind and roast in the oven for a further 10 minutes. Serve with a delicious crisp salad.

ONE-POT CHICKEN WITH SMOKED SPICES

Serves: 4
Prepare: 10 minutes
Cook: 1 hour

2 tbsps rapeseed or olive oil
3 bay leaves
2 cinnamon sticks
2 onions, peeled and finely sliced
100g pancetta or smoked bacon, cut into small pieces
2 portobello mushrooms, trimmed and sliced
3 garlic cloves, peeled and finely sliced
4 chillies, 2 sliced and 2 stabbed with a knife
8 chicken joints – a mix of thighs and drumsticks
400g can chopped tomatoes, or 400g fresh tomatoes, chopped
1 litre chicken stock
200g new potatoes, cut in half
2 tbsps smoked paprika
1 tbsp garam masala
Small bunch of fresh coriander

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Gently heat the oil in a large flameproof casserole dish, or other large pan that can go in the oven, and add the bay leaves and cinnamon sticks. After a minute, add the onions and allow to soften for 5 minutes. Stir in the pancetta or bacon and cook for 5 minutes until crispy, and the onions are golden brown. Stir in the mushrooms, garlic and chillies and allow to cook for 1 minute.
2. Add the chicken pieces, skin-side down, trying to fit them all in a single layer, as you want to crisp up the skin for a few minutes. Once the skin is golden brown, turn the chicken over and pour in the tomatoes, stock, potatoes, smoked paprika and garam masala.
3. Cut the stalks off the coriander and finely chop them. Add the chopped stalks to the pan and give everything a good stir. Cover the pan with a lid (or with foil if you haven't got one) and transfer to the oven to finish cooking through. The chicken will be ready after 40 minutes.
4. Carefully remove the lid and push the chicken to the surface so that the skin is above the tomato sauce. Turn the oven to grill if it has that function, or transfer to a preheated high grill, and grill for a few minutes to allow the skin to turn crispy.
In the meantime, roughly chop the coriander leaves. Sprinkle over before serving with some wilted greens.



SIZZLING STEAK & CUMIN PAPRIKA WEDGES

Serves: 4
Prepare: 10 minutes
Cook: 40 minutes

4 steaks, about 200g each – use any cut you prefer but make sure they are around 4cm thick and at room temperature
Rosemary sprigs

For the wedges
4 large baking potatoes, about 800g, cut into wedges
2 tbsps light olive oil
2 tsps ground cumin
1 tsp smoked paprika
Good pinch of sea salt and pepper
1 garlic bulb, cut in half horizontally

Steak marinade:
2 tsps cumin seeds
¼ tsp black peppercorns
½ tsp dried chilli flakes
1 tsp ground turmeric
2 garlic cloves, peeled
3 tbsp light olive oil
Good pinch of sea salt

1. Preheat the oven to 200°C/Fan 180°C/Gas Mark 6. Mix all the ingredients for the wedges except the garlic together in a roasting tray, then add the garlic bulb halves, cut-side down, and roast in the oven for 40 minutes, or until the wedges are tender, crispy and golden brown. Give them a stir halfway through.
2. In the meantime, make the marinade for the steak. Gently heat a small frying pan and toast the cumin seeds, peppercorns and chilli flakes together for a few minutes until they are fragrant and the seeds are golden brown. Transfer to a mortar and allow to cool for a few minutes before grinding them with a pestle. Add the turmeric and garlic and pound to a paste. Pour in the oil and add a really good pinch of salt. Rub the marinade over the steaks and the sprigs of rosemary.
3. Heat a griddle pan until very hot. Chargrill the steaks on one side for a few minutes before flipping over and cooking on the other side. Using the coated rosemary sprigs, brush extra marinade over the steaks as they cook to layer up the flavour. Cook the steaks to your liking (and it all depends on what sort you are cooking) before removing and setting aside to rest for a few minutes. This allows all the juices to run back into the meat



MY STEAK SECRET

To cook the perfect steak, make sure your pan is really hot and don't add any oil. Oil your meat instead with the spice marinade, and try to get a good 'bark' (those charred bits) before flipping it over. It will add bags of flavour. Make sure you allow your meat to rest before cutting into it.





"Apple tarte tatin is on my foodie bucket list; it tops my shortlist of best dishes of all time"

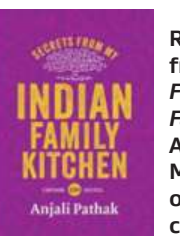
and keep it juicy. Serve the steaks with the spicy wedges and the sweet roasted garlic.

BABY APPLE TARTE TATIN WITH SPICED CARAMEL

Makes: 8 minis or 1 large (serves 6–8)
Prepare: 10 minutes
Cook: 30 minutes

200g sugar
¼ tsp ground cinnamon
8 green cardamom pods, bruised with a pestle and mortar
3 Granny Smith apples, peeled, cored, cut into 1cm thick wedges and rubbed with the juice of ½ lemon to stop them from browning
100g unsalted butter, chilled and cut into cubes, plus extra for greasing
300g shop-bought puff pastry, rolled out to a few millimetres thick
Freshly grated nutmeg, for sprinkling
Ice-cold thick cream or ice cream, for serving

1. Preheat the oven to 200°C/Fan 180°C/Gas Mark 6. Make the caramel by gently heating the sugar with the cinnamon and cardamom in a large frying pan until it melts. (If you are making a large tarte tatin, make sure your frying pan is ovenproof.)
2. This bit is important. As the sugar melts, it will start to turn golden brown, but don't let it turn too dark or your caramel will be bitter. As soon as it's ready, turn down the heat and carefully beat in the chilled cubed butter. Place the apple in the pan.
3. Generously grease 8 holes of a muffin (or cupcake) tray with butter. Use a cutter slightly larger than the size of the tray holes to cut out 8 discs from the puff pastry. Prick each pastry disc a few times with a fork. This will stop it puffing up too much.
4. Once the apple wedges have been steeping in the caramel for a few minutes, turn off the heat. Carefully spoon the steeped apple wedges into the tray holes, being generous with the caramel but making sure to reserve some for drizzling over later, and then sprinkle over the nutmeg. Top each hole with a pastry disc and tuck in the sides so that the apples are covered and snug in the tin.
5. Bake for 20 minutes, or until the pastry is golden brown. Remove from the oven and allow to cool for a few minutes before inverting a plate over the tray and turning it all upside down to release the tartes. (You may need to tap the base of the tray to help them out). The pastry should be at the bottom with the sticky, spiced, caramelized apples on top. Spoon over the reserved caramel and serve with a good dollop of ice-cold thick cream or ice cream.



Recipes taken from *Secrets From My Indian Family Kitchen* by Anjali Pathak (£20 Mitchell Beazley) octopusbooks.co.uk

S.W. Doughty
FAMILY BUTCHER Since 1919



National Champion Butcher 2010/11

Traditional bespoke butchering
Award winning sausages
Licensed slaughterhouse

DODDINGTON ME9 0BH
Tel: 01795886255
www.swdoughty.co.uk

Wye Bakery

Wye Bakery is a small village bakery producing real bread, rolls, buns, and pastries, all made from scratch on the premises.

Wye Bakery can be found at:
22 Church Street, Wye, Kent TN25 5BJ
Telephone: 01233 812 218
Email: wyebakery@gmail.com

www.wyebakery.com

simply ice cream











"The best bought ice cream available."
-James Martin, Celebrity Chef from Saturday Kitchen

Locally produced, indulgent ice cream available from farmshops, delis and Waitrose stores across the UK.

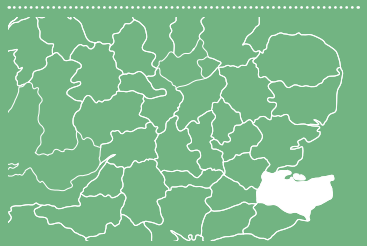
Simply indulgent, truly heavenly.

simply ice cream
www.simplyicecream.co.uk



Eat Local

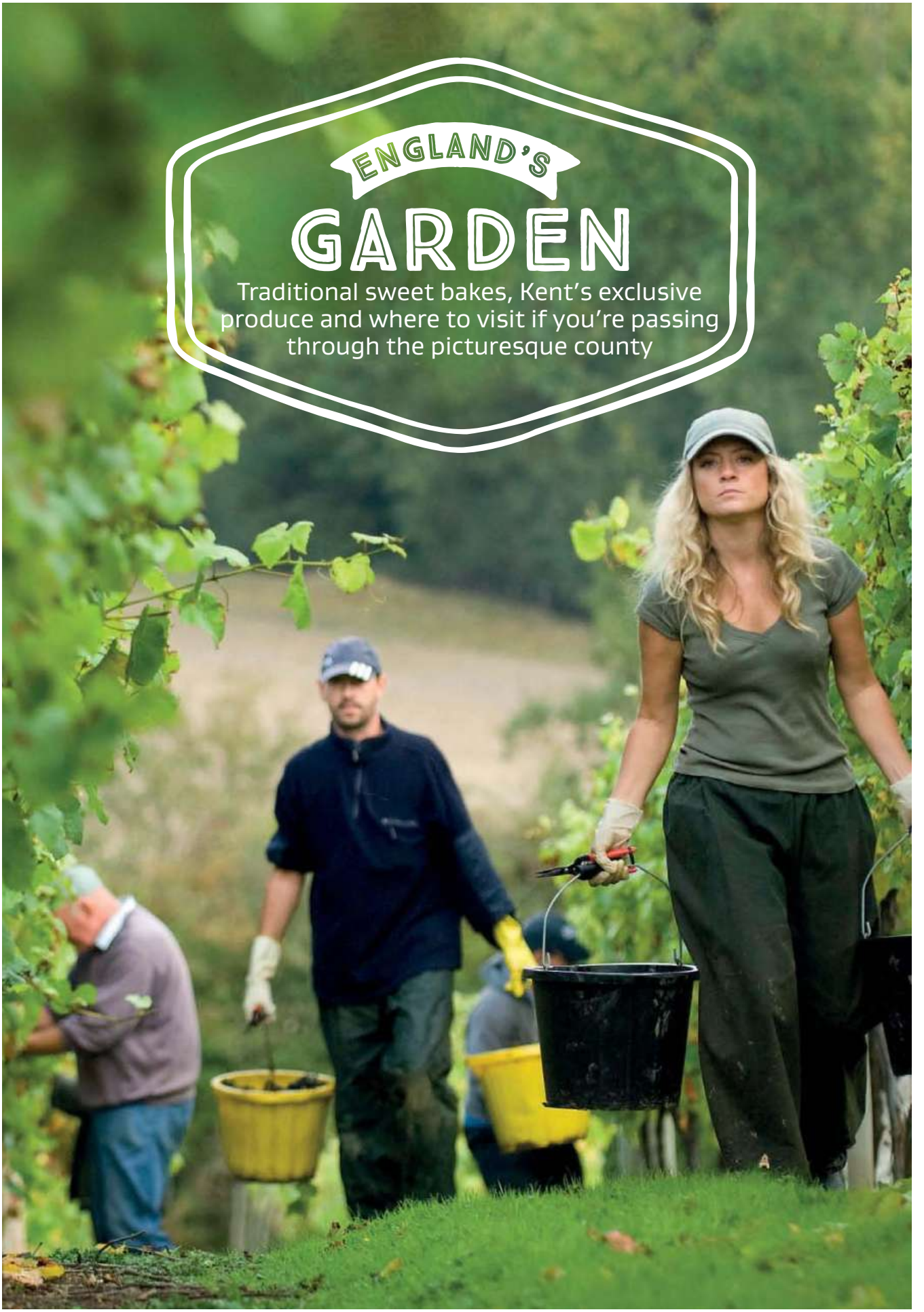
A CELEBRATION OF REGIONAL FOOD, DRINK & TRAVEL



KENT

You know a county that's known as the Garden of England is going to be packed with amazing fruit and veg. Apart from farmed produce, Kent's specialities include seafood, beer, wine and puddings, so we'd be right at home! Culinary hotspots like Folkestone, Margate and Whitstable play host to everything from Michelin-starred restaurants to crab shacks on the coast, while markets selling fantastic food and drink populate the more rural areas. It's a true foodie paradise!

* GOURMET DESTINATIONS * MEET THE PRODUCER * OUR PERFECT KENTISH HAMPER


ENGLAND'S
GARDEN
Traditional sweet bakes, Kent's exclusive produce and where to visit if you're passing through the picturesque county



EAT LOCAL
KENT

BRAMLEY APPLE, HONEY & WHISKY DRIZZLE CAKE

While Bramley apples can be grown all over the UK, they've always been associated with the orchards of Kent. The big, misshapen apples are tart and sour when raw, but once cooked – especially in a pie or sauce – they turn into something truly delicious.

Serves: 12
Prepare: 15 minutes
Cook: 1 hour

2 large Bramley apples (approx 400g)
2 tbsps clear honey
100g light brown sugar
150g butter
100ml thick double cream
200g self-raising flour
100ml plain flour
1 tsp baking powder
2 medium free-range eggs, beaten

For the drizzle:
3 tbsps clear honey
1 tbsp whisky

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Grease and base line a 900ml loaf tin.
2. Place the honey, sugar and butter in a small pan and gently heat, stirring until the butter has melted. Remove from the heat, stir in the cream and cool for 5 minutes. Quarter, peel and core the apples and thinly slice. Sift the flours and baking powder into a large bowl, add the honey mixture and eggs, then beat well for 1 minute. Spoon half the mixture into the loaf tin, then scatter over two thirds of the apple slices. Top with the rest of the cake mix and level the surface.
3. Arrange the remaining apple slices in a line down the centre of the cake and bake for 1 hour until a skewer inserted in the centre comes out clean.
4. Leave to cool on a wire rack for 5 minutes, then remove the tin. Warm the honey and whisky together in a saucepan then drizzle over the cake. Leave to cool, then serve.

GYPSY TART

This very simple tart is sweet, rich and perfect for quickly whipping up when you've forgotten to buy pudding. It's said the recipe comes from an old Kentish lady, who saw some hungry gypsy children playing in the street. She wanted to make them something to eat, but only had sugar, pastry and condensed milk to hand. The resulting tart was so nice, the children kept coming back for more!

Serves: 6
Prepare: 10 minutes
Cook: 1 hour

1 block ready-made sweet shortcrust pastry
Plain flour, for dusting
230ml condensed milk
170ml evaporated milk
175g light muscovado sugar

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Roll out the pastry on a lightly floured surface to roughly 3mm thick and line a greased 20cm tart tin, leaving plenty of excess hanging over the edge.
2. Line the case with baking parchment and pour in baking beans. Bake blind for 15 minutes, remove the beans and paper, then bake for another 6 minutes until the pastry is a little golden. Trim away any excess pastry from the edge of the tin and turn down the oven to 190°C/Fan 170°C/Gas 5.
3. For the filling, use an electric whisk to beat together both the milks and sugar until light and fluffy. Pour into the case and bake for 30 minutes until just a little bit wobbly in the centre. Leave to cool, then slice and serve.



BRAMLEY APPLE, HONEY & WHISKY DRIZZLE CAKE



GYPSY TART



Other Specialities

FROM THE FIELDS AND KITCHENS OF KENT

COBNUTS are truly unique to Kent – no other county grows them on a commercial scale! They're a variety of hazelnut that taste sweeter and have a more creamy texture. Cobnuts are amazing for baking, and companies like Potash Farm use them in everything from oils to sweet chilli sauces.

HUFFKINS are a traditional Kentish bread roll with a big thumbprint in the centre. They're softer and more open textured than other breads, and make the perfect canvas for thick curls of salted butter.

GREEN HOP BEER can only be made with freshly-picked hops, so most of it comes from the breweries surrounding Kentish hop farms. The taste is much lighter, fresher and more perfumed than beer made with dried hops.

WINE is big business in Kent – famous vineyards such as Chapel Down, Biddenden and Gusbourne all call the county their home. There are over 50 producers in total, which are constantly winning international awards and recognition, especially for their sparkling wines.



WHITSTABLE OYSTERS and other seafood landed in the harbour town is world-renowned. There's even an annual festival celebrating the delicacy, with practically every oyster-related activity you could think of!



OUR TOP PICKS

HOT FACE SAUCES (hotfacesauces.co.uk) make some of the UK's best (and hottest!) chilli products, ranging from mildly spicy oils to fiery, off-the-Scoville-scale sauces for devoted chilli addicts.

DEBBIE & ANDREW'S SAUSAGES (debbieandandrews.co.uk) are very highly regarded by butchers and chefs alike, and all the different varieties are made from the company's base in Tunbridge Wells. The team are very proud of their Kent connections, and regularly make appearances at the area's county shows.



where to EAT

ROCKSALT offers stunning views of Folkestone harbour – you can even see France on a clear day! The menu ticks all the locally-sourced, traceable boxes, and with Gordon Ramsay protege Mark Sargeant at the helm, the kitchen sends out some very impressive dishes. **rocksalt folkestone.co.uk**



WYE BAKERY is a small bakery in the village of Ashford turning out some of the nicest bread, rolls, buns and pastries in Kent. Everything is made from scratch on the premises, and the team's commitment to long, slow fermenting means every bap, loaf and pastry is packed with flavour. **wyebakery.com**



THE SPORTSMAN in Faversham is one of the few pubs in the country with a Michelin star, which it's held since 2008. The daily tasting menu is a real treat – five courses of whatever's at its best that day for just £45. **thesportsmanseasalter.co.uk**



where to STAY

Keepers Cottages offers a choice of comfortable, high quality self-catering cottages and holiday accomodation along the unspoilt Kentish coastline. If you're looking for somewhere to relax in privacy and luxury near Deal, Sandwich, Broadstairs or many of Kent's other quaint villages, Keepers Cottages offers some of the best in the county. keeperscottages.co.uk



where to DRINK

THE SHIPWRIGHT'S ARMS is a quaint 17th century pub in Hollowshore filled to the brim with charm and character. Expect plenty of well kept ale, a decent food menu and a beautiful interior with picturesque surroundings. **theshipwrightsathollowshore.co.uk**

THE PLOUGH INN is one of brewer Shepherd Neame's flagship pubs, popular with visitors to Sittingbourne and locals alike. The building dates way back to 1260, and features oak beams, a huge fireplace and a decent beer garden. A real find in a sleepy Kentish town. **shepherdneame.co.uk**

THE GEORGE AND DRAGON in Sandwich has all the trappings you'd expect of a traditional village bolthole, but what really draws the crowds is the extensive craft beer selection, made by some of the UK and beyond's most celebrated breweries. **georgeanddragon-sandwich.co.uk**



THE PLOUGH INN



THE SHIPWRIGHT'S ARMS

why we love... KENT

Three of the region's most respected foodies tell us what they love most about living in the idyllic county





INTO THE WILD

Foraging has been big news in British food for years now, but you'd be hard pushed to find a duo more in tune with Kent's wild offerings than Ginny Knox and Caro Willson – two old school friends who swapped the London rat race to start up their own preserve company, Wild at Heart. But Ginny and Caro don't just make any preserves, they use exciting ingredients like wild garlic, nettles, samphire, crab apples and medlars to create an utterly delicious selection of pestos, sauces, jams and jellies. "Our business is inextricably linked to Kent, its hedgerows and its orchards," explains Caro. "The inspiration for our first product, Crab Apple Jelly, came from the crab apple trees which pollinate the apple orchards I can see from my kitchen window. We source as many English fruits, shoots and leaves from Kent as possible." Medlars and quinces are bought from local farmers, and the pair scour the hedgerows for elderflowers and elderberries every summer. "Our key ingredients are not available to buy year round, and often hard to track down even in season, so the logistics can be mind blowing, but it's a great feeling when we find solutions and get the harvest in." **wildatheartfoods.co**





PERFECTLY PICKLED

Cocktail lovers, bakers and keen cooks alike are likely to be familiar with Bennett Opies' range of jarred goodies – from its crunchy cocktail gherkins and tiny silverskin onions to bright red cocktail cherries and pickled walnuts. But despite the company's popularity, Opies is strictly a local, family affair; current MD William Opie is the forth generation of his family to run the business, which was founded in 1880. Being based in the heart of the Garden of England, where fresh, seasonal fruits are abundant, means the producer has always been spoilt for choice when it comes to sourcing local ingredients, from plump strawberries and gooseberries to onions and apples. "We originally moved to Kent in the 1930s to take advantage of the local cherries in the Teynham orchards and surrounding countryside of Sittingbourne. Today we work with lots of family farms and businesses like ours and have relationships going back through the generations," says William, who is a huge fan of the region's landscapes. "I think our countryside is some of the finest in the land." **opiesfoods.com**

My Kent..

Favourite restaurant? The Poet in Matfield – exquisite food and a relaxed setting
Top local ingredient? We're huge fans of Arcade Fisheries in Hastings, they have a superb selection of fish every time we go.
Local secret? Penshurst Place Farmers' Market on the first Saturday of the month. It was the first place we ever sold a jar!

My Kent...

Top local speciality? Bramley apples, baked with sultanas and maple syrup.
Favourite pub? My local The Plough Inn is really friendly and has good food. It helps that I can walk there and back too...
Best local secret? Mackande farm shop in Faversham is definitely worth visiting. It has great local produce and Kentish cheeses.







SWEET TALK

If you've ever visited one of Fudge Kitchen's high street stores, you'll probably have smelt the gorgeous aroma of freshly-made fudge before you even stepped through the door! Inside you'll see producers hand-making all kinds of delicious flavours while the shelves are crammed with the company's huge range of treats, from drinking fudge and sauces, to 'make fudge at home' kits – many of which are also available through the Fudge Kitchen website. The Lyminge-based company was originally set up in 1983 under the name of Jim Garrahy's Fudge Kitchen; the late great Jim Garrahy, an Irish-American sweet lover, was the original creator of the company's unique blend of creamy slab fudge, though the name was shortened in 2010. Jim Garrahy's unique American-style recipe uses whipping cream instead of butter, giving the fudge a soft texture and distinctive flavour. There are stores across the country, but HQ is in the beautiful Kentish countryside – a food lovers paradise according to digital marketing manager Kira Harris. "In Kent we're surrounded seaside and countryside, and are spoilt for choice when it comes to local delis and gourmet foods," she adds.
fudgekitchen.co.uk







BUTCHER'S BEST

It's rare to find a traditional butchers that takes the mantra 'farm to fork' as seriously as SW Doughty, a family-run business that has been supplying shoppers in the pretty village of Doddington for over 100 years. Rare for a retail store, SW Doughty has an on-site abattoir, allowing the team to have full control over the entire butchery process. "People are now far more aware of the provenance of meat. They enjoy seeing their food prepared in a traditional way, cut from the carcase by skilled craftsmen who take pride in their work," explains Alison Church, co-owner. As you'd expect, the vast majority of meat sold in the shop is sourced from nearby farms, and the team rear their our own free range geese and grow all kinds of fresh produce on site. "We pride ourselves on being able to source and prepare any number and variety of cuts, whether it be a lamb chop and two sausages for an elderly lady or eight pigs for a hog roast at a local firework display," says Alison. "As the only shop in the village we provide an important meeting place and focal point for the villagers. People come to chat, swap news and enjoy a joke or two, whilst buying their meat," she adds.
swdoughty.co.uk

My Kent..

Favourite pub? The Tiger Inn, just down the road from our head office. I enjoy meeting the four-legged-locals who are allowed to cosy up next to the wood burning stove!
Favourite local speciality? Gower Salt Marsh Lamb, the unique environment where the sheep graze gives the meat its distinctive and very special flavour

My Kent...

What do you love most about Kent? The rolling scenery and the proximity to the coast
Favourite local ingredient? Merchant cherries
Favourite speciality? Gribble Bridge Rose wine from Biddenden Vineyard
Best local secret? A day walking along the Pilgrims Way from Hollingbourne to Canterbury.



It's not just a plate...



...but an easy weight loss programme managed just by the eye.

Clinically trialled and proven to work you can eat anything you love to cook. The independent study proved that you are SIX times more likely to lose weight using the Diet Plate® and THREE times more likely to control Type 2 Diabetes.

Simple to use, it is "Portion Control made Easy." There is a male, a female and a children's version to chose from and a calorie bowl to complete the set, plus a 40 page booklet to help you and support from the company if you need it.

Lose weight in private, prices start from just £15.99 for the bowl and £19.99 per plate, Save £5 on the set and it is **FREE** Postage too!

Buy from www.thedietplate.com or call us free on 0800 644 0166

Microwave and dishwasher safe. Made in England from fine earthenware.



What to Eat in... KENT

Visitors to Kent are spoilt for choice when it comes to tempting local specialities. Here are some of our favourites

1. Chapel Down Blanc De Blancs 2010, **£26.99 from chapeldown.com**

2. Kentish Bramley Apples, **available from supermarkets and grocers nationwide**

3. Wild at Heart Wild Garlic Pesto, **£4.75 wildatheartfoods.co**

4. Simply Ice Cream Cinnamon, **£4.99 for 500ml from independant stores. Stockists at simplyicecream.co.uk**

5. Opies Organic Kentish Apple Sauce, **£1.35 from Waitrose and Ocado**

6. Old Dairy Ale English Mustard, **£3.20 from independent stores in Kent**

7. Old Dairy Brewery Blue Top/AK 1911, **around £2.25 from independent stores in Kent**

8. Chocolate Kentish Cobnuts, **£7.50 kentishcobnuts.com**





OFF WITH A BANG

Comforting, affordable and extremely versatile, the great British banger is a culinary tour de force, and just the thing for Bonfire Night parties! Try out these recipes for a twist on the usual sausages dishes

VIETNAMESE SAUSAGE SANDWICH

Serves: 4
Prepare: 20 minutes
Cook: 20 minutes

For the pickled carrot and radish:
1 large carrot
8 radishes
3 tbsps rice wine vinegar
1 tsp caster sugar

For the sausages:
2 tsps sunflower oil
6 spicy sausages
1 lemongrass stick, chopped
2 tbsps honey
1 tbsp rice wine vinegar
Freshly ground black pepper

For the sandwich:
1 French baguette
4 tbsps mayonnaise
¼ cucumber, finely sliced into ribbons
3-4 pickled jalapeno chillies, sliced
Large handful of coriander

1. Make the pickled carrot and radish. Finely chop the carrot into matchsticks (or use a julienne peeler on the carrot if you have one). Slice the radish finely. Put in a bowl with the rice wine vinegar, sugar and a pinch of salt and set aside.
2. Heat the oil in a pan and fry the sausages for 15-20 minutes until golden all over and cooked through. Stir the lemongrass into the bottom of the pan, followed by the honey and rice wine vinegar, season and toss the sausages in this glaze. Set aside.
3. Slice the baguette into four pieces then split each through the middle. Spread the base of each with 1 tbsp mayonnaise. Lay the cucumber on top. Slice the sausages in half lengthways and arrange on top then scatter over the chillies. Top with a spoonful of pickled carrot and radish and finish with the coriander. Drizzle the sticky glaze left in the pan over each bánh mì and serve.



SAUSAGES WITH MOROCCAN JEWELLED QUINOA SALAD

Serves 4
Prepare: 40 minutes
Cook: 30 minutes

½ butternut squash, deseeded
1 small aubergine
2 courgettes
1 red pepper
2 tbsps rapeseed oil
A good pinch of chilli flakes
8 fresh herb and pork sausages
2 unpeeled garlic cloves
200g quinoa
400ml chicken or vegetable stock
The seeds from ½ pomegranate

For the dressing:
3 tbsps extra virgin olive oil
1½ tbsps pomegranate molasses
2 tsps ground coriander
Zest and juice of 1 lemon

1. Preheat the oven to 200°C/Fan 180°C /Gas 6. Line two large baking trays with baking parchment. Chop the butternut squash, aubergine, courgette and pepper into 2.5cm pieces. Put into one of the baking trays and toss in the oil and chilli flakes. Season well with salt and freshly ground black pepper. Put the sausages in the other baking tray, drizzle with a little oil and put both trays in the oven to roast for 30 minutes. After 10 minutes, stir the garlic cloves into the roasted vegetables.
2. Put the quinoa into a pan and place over a gentle heat. Stir every now and then for about 2 minutes to toast it. Pour in the stock and cover the pan with a lid. Bring to the boil, then turn the heat down low and simmer for 15 minutes until all the stock has been absorbed.
3. Put all the ingredients for the dressing into a large bowl and season well. Whisk together. When the vegetables have finished roasting, squeeze the soft garlic out of the cloves and into the bowl of dressing and mash it into it.
4. Stir in the quinoa, followed by the roasted vegetables and half of the pistachios and pomegranate seeds. Divide among four plates and top each with two sausages, then garnish with the pomegranate.

"Who doesn't love a good sausage? Last year the nation consumed a whopping 181,853 tonnes of bangers at home, worth an amazing £780 million! These days the flavours and varieties available from butchers and supermarkets are endless, giving sausage lovers plenty to experiment with!"

PORK AND LEEK SAUSAGES WITH INDIAN SPICED CAULIFLOWER RICE

Serves: 4
Prepare: 40 minutes
Cook: 30 minutes

2 tbsps rapeseed oil, plus a little extra for cooking the sausages
8 leek and pork sausages
1 cauliflower
1 tsp ground turmeric
1 tsp cumin seeds
1 tsp ground coriander
1 green chilli, finely chopped or sliced
2cm piece ginger, grated
4 spring onions, chopped
200g frozen peas, thawed

To serve:
A good handful of fresh coriander sprigs
Mango chutney

1. Heat about 1 teaspoon of oil in a large frying pan and cook the sausages until golden and cooked through. Break the cauliflower up into florets and put into a food processor and whiz until the pieces have broken up and resemble rice.
2. Heat 1 tablespoons of oil in a large pan and add the turmeric, cumin, ground coriander, chilli, ginger and spring onions. Season well and stir-fry for 1 minute. Add the remaining olive oil, the cauliflower rice and 2 tablespoons of water and toss all the ingredients together, cooking for 5-10 minutes until the cauliflower has cooked. Stir in the peas and continue to cook until the rice has heated thoroughly.
3. Chop the stems off the coriander sprigs and chop finely. Stir into the rice. Divide the rice among four plates and put two sausages onto each. Garnish with the coriander leaves and serve with the mango chutney.



ITALIAN PEPPER STEW WITH SAUSAGES & CRISPY KALE

Serves 4
Prepare: 20 minutes
Cook: 1 hour

2 tbsps rapeseed oil
1 onion, peeled and finely sliced
2 red peppers, halved, deseeded and finely sliced
2 yellow peppers, halved, deseeded and finely sliced
8 sausages
2 garlic cloves, peeled and finely sliced
200ml light red or dry white wine
200ml hot vegetable or chicken stock
½ tsp dried marjoram
2 bay leaves
1 tbsp red wine vinegar

For the crispy kale:
100g (3½ oz) chopped kale
1 tbsp rapeseed oil
Salt and freshly ground black pepper

1. Heat the oil in a large pan and add the sliced onion and peppers. Stir everything together then add 1 tablespoon of water and turn the heat down low. Cover and cook for 30 minutes, stirring every now and then. Add a drizzle more water if the pan looks dry during this stage.
2. Brown the sausages in a separate







pan. Stir the garlic into the peppers and cook for 1 minute. Add the sausages to the pepper mixture, along with the wine, stock, herbs and vinegar and continue to cook, covered for a further 15 minutes.
3. Preheat the grill. Rub the kale with oil and season well. Spread out on a baking sheet and grill until the edges are starting to crisp up. Divide the sausages and stew among four bowls, top with the kale and serve.

GOURMET PORK SAUSAGES WITH ROASTED ROOT VEGETABLE CHIPS

Serves 4
Prepare: 30 minutes
Cooking: 30 minutes

8 Lincolnshire or Cumberland sausages
2 large beetroot
2 medium or 1 large sweet potato
4 parsnips
3 tbsps rapeseed oil
1 rosemary sprig
2 thyme sprigs
Smoked paprika

1. Preheat the oven to 200°C/Fan 180°C/Gas 6. Line a large roasting tin with baking parchment and arrange the sausages in the tin.
2. Chop the beetroot up into thick fingers, cut the sweet potatoes into wedge-style chips and do the same with the parsnips, making sure they're all evenly sized. Brush the oil all over the sausages and vegetables. Roast for 20 minutes.
3. Add the herbs to the tin and season everything well with a good sprinkling of smoked paprika and salt and pepper. Drizzle the remaining oil over the top. Continue to roast for 10 minutes. Divide the sausages and vegetables among four plates and serve with the dips.

For more information about British Sausage Week (2–8 November) visit lovepork.co.uk





Quest for the Best Winter Warmers

Andy Bates chooses a perfect winter recipe that encapsulates 'good food, simply made to be shared generously on a cold winter's day!'

London-based street food expert Andy Bates is a champion for British food. He explains: "The popularity of British recipes and food continues to grow. You really pick it up on the street in cities, with the surge in farmers markets, the growth of seasonal food festivals and the interest in good, well-made food." To make the most of this trend Andy is encouraging people to 'Quest for the Best' and look for something extra in everything they eat. He has developed his own 'Quest for the Best' recipes to show how easy it is to make great dishes from simple ingredients.

Quest for the Best Winter Warmer; Sausage Kale and Bean Stew (wheat, gluten and dairy free).

This recipe is the perfect example of Andy's quest to deliver something extra, even for everyday meals. This stew is certainly the best winter food, packing a nutritional punch with super healthy ingredients and a chilli kick for extra warmth. It also shows how flexible and filling sausages can be. You can make it a day or two in advance, if you've a busy week ahead as it only gets better with time.

Quest for the Best Community Projects and Food Heroes

As part of the Quest for the Best project, Andy is also working with the 'welly good' sausage-makers at debbie&andrew's to identify and celebrate food heroes and support local community fundraising that focuses on food. This project encourages people who are passionate about food - whether growing it, cooking it or sharing it - to tell their story through the Quest for the Best website. Communities involved in grass root fund raising can also apply for debbie&andrew's micro sponsorships, offering 'bangers and cash' worth up to £1000 per project.

Nominate your food or harvest hero at www.debbieandandrews.co.uk/foodheroes and look out for the micro-sponsorship application forms under the community page.

SAUSAGE KALE AND BEAN STEW

Prep time: 25 minutes
Cooking time: 40 minutes
Serves: 4

6 Harrogate 97% Pork Sausages, cut into 2-3cm chunks
1 small butternut squash or carrots, peeled & cut into small chunks
2 tins cooked flageolet beans, drained and washed
3 cloves garlic, crushed
1 medium onion, cut into chunks
900ml chicken stock
250-300g kale, stalks removed
2 tbsp olive oil, 1 tbsp oregano, salt and pepper

Method

1. Using a casserole dish, heat the oil, add sausages and cook for 3-4 minutes until brown. Reduce heat to medium and add the onions, garlic, butternut squash and oregano.
2. Cook for 10 minutes or until softened, stirring occasionally.
3. Add the beans and chicken stock, place lid on pan and cook for 20 minutes on a gentle heat.
4. Add the kale, season and cook for a further 3-4 minutes
5. Serve and Enjoy

Quest for the Best from debbie & andrew's

9 IDEAS WITH... PARSNIPS

They might not be universally loved (the French can't stand them!) but in the UK we've fallen for their sweet, earthy flavour. Grab a bag from the shops and try one of these easy recipes



1 PARSNIP ROSTI

For each rosti, grate half a peeled potato and half a peeled parsnip. Squeeze in a tea towel to remove excess liquid. Melt a knob of butter in a frying pan, shape the mixture into a patty and fry for 2-3 minutes each side until golden brown. Season well and serve.

2 SPICED PARSNIP MASH

Fry 1kg of peeled and chopped parsnips in lots of butter for 5 minutes until caramelised. Add a tablespoon of honey and a teaspoon each of cumin and coriander. Season well, cook for 2 minutes then add 400ml whole milk. Simmer, covered, for 15 minutes and mash.

3 PARSNIP CAKE

Preheat the oven to 180°C/Fan 160°C/Gas 4. Cream together 250g butter and 250g sugar until fluffy, then beat in 4 eggs, gradually adding 250g self-raising flour at the same time. Add chopped nuts, a teaspoon of mixed spice and 250g grated parsnips. Pour in around 4 tablespoons of milk and mix well. Spoon the mixture into a lined cake tin and bake for 40-50 minutes. Let cool then decorate with cream cheese frosting.

4 VENISON & PARSNIP PIE

Toss 1kg of chopped venison in seasoned flour, then brown in a saucepan. Fry onions and garlic until softened, then add beef stock, tomato puree, thyme and season. Simmer for 1 hour, then add chopped parsnips and cook for 30 minutes. Allow to cool, then spoon into a pastry case. Lay a pastry lid over the top and seal, then bake for 25 minutes in a 180°C/Fan 160°C/Gas 4 oven.

5 HONEY MUSTARD PARSNIPS

Preheat the oven to 220°C/Fan 200°C/Gas 7. Cut 1kg peeled parsnips into batons and boil for 5 minutes. Drain and allow to dry for a few minutes, then toss in seasoned flour and mustard powder. Place a baking tray in the oven with a drizzle of rapeseed oil to heat up, then add the parsnips. Roast for 30 minutes then drizzle with honey.

6 PARSNIP CRISPS

Preheat the oven to 180°C/Fan 160°C/Gas 4. Use a mandoline to slice parsnips as thinly as possible. Pat dry with kitchen paper, drizzle with oil and season. Arrange the slices in an even layer on a tray and bake for 20-25 minutes, turning frequently, then sprinkle with paprika.

7 PARSNIP & KALE HASH

Boil diced parsnips and potatoes for 15 minutes, then add shredded kale and cook for another 3 minutes. Drain and sprinkle with cumin. Heat oil in a frying pan and add the vegetables, cooking until golden all over. Season and serve with a poached egg.

8 PARSNIP PUREE

Peel 3 large parsnips and roughly chop, then boil until tender. Drain and place in a blender with a knob of butter and 60ml whole milk. Blend until completely smooth, then season and gently reheat before serving.

9 PARSNIP CURRY

Make a curry paste by blitzing together onions, garlic, ginger, cumin, chilli powder, turmeric and coriander. Fry gently in oil for 10 minutes until golden, then add chopped parsnips and any other sturdy vegetables. Add coconut milk or chopped tomatoes and simmer for 20 minutes. Sprinkle with garam masala, season and serve.



Nathan Outlaw's FISH TAILS

Our fish guru reflects back on the year and champions his new favourite ingredient, verjus

Now that things are quieter, there's time for me and the guys to look back at the past year and take stock. We've been mulling over the things we've done and the things that have happened, trying to assess what's been good and what needs to be improved or changed.

Mind you, the old saying 'what goes around comes around' is very true. Food does go through trends and it sometimes seems that every menu is featuring the same ingredient or method of cooking. Of course, to some extent, that will happen naturally because of seasonality. However, occasionally it is because something used way back in time suddenly comes to the fore again. One such ingredient is verjus, the juice of pressed, unripe grapes. I was introduced to this about 18 months ago and since then have been using it for all sorts of things. In fact, I don't know how I managed without it!

As the sea becomes colder, lovely crabs and shellfish such as mussels, oysters and clams come into season. If you see crabs on your fishmonger's slab, buy some. If the weather deteriorates the fishermen may not be able to get out, so make the most of them when you can! You'll also see the end of the mackerel for this year so it's your last chance if, like me, you're partial to this versatile fish.

Whilst looking back over the year, I've been reminded of the wonderful festivals I've been to. What makes them so nice is that most are now geared up for families. What a great way to introduce the kids to different types of food, great music and have a great time together!

This year I've had to slim down the number of appearances I've been able to do because of the new restaurant, but I did get to Brittany's Celtic Festival at the beginning of August, which was very interesting, and Jamie's Big Feastival which was brilliant and a lot of fun. I also made my regular trip to The Great Cornish Festival in September, where I had the honour of closing the whole shebang on the Sunday and where, for the first time, one of my head chefs, Tom Brown, wowed the crowds. But it's not all over yet! We still have Padstow Christmas Festival to look forward to at the beginning of December and it's well worth a visit for the very special atmosphere, as well as the lovely stuff on display. It might even be a chance for a bit of pre-Christmas foodie retail therapy – sounds good to me!

Finally, for those of you who are wondering, the photos for my new book are all done now, courtesy of the brilliant David Loftus once again, and will be published in Spring 2016.

THE Recipe

Oysters Lightly Pickled in Verjus with Cucumber & Jalapeno Chilli

Verjus is an ingredient that features in recipes as far back as Medieval times. It's a really old ingredient and is gentler than lemon juice or vinegar. The other bonus is that it's sustainably produced. I've included it in my recipe here for Lightly Pickled Oysters. The oyster is another ingredient that has featured down the ages but unlike now, they used to be a staple food of the poor. For something different, try them with verjus and see what you think.

SERVES: 4 as a starter
PREPARE: 15 minutes
COOK: 2 hours pickling time

12 live Pacific oysters
75ml verjus
75ml white wine
1 jalapeno chilli
1 cucumber
1 large banana shallot, peeled and finely chopped
1 garlic clove, peeled and finely chopped
1 tbsp dill, finely chopped
100ml light rapeseed oil
Seaweed, to serve

1. Carefully open the oysters and strain off the juices through a muslin-lined sieve into a small bowl. Reserve the juices.
2. Put the verjus and white wine into another bowl and add 100ml of the oyster juice. Add the shucked oysters, making sure they are fully submerged. Cover with clingfilm and leave for at least 2 hours in the fridge. Wash the oyster shells thoroughly and keep them for serving.
3. Slice the chilli into rounds, leaving the seeds in. Dice the cucumber and place in a bowl. Add the chilli, shallot, garlic and dill, then toss to combine.
4. To serve, lay the oyster shells on a bed of seaweed. Remove the oysters from the pickling liquor and place one in each shell.
5. For the dressing, mix the rapeseed oil with 4 tablespoons of the oyster pickling liquor. Add a little pile of the cucumber mixture to each oyster shell and spoon over the dressing.



Grey's TEAS

THE BEST TEAS.
THE BEST CHOICES.

Grey's Teas is dedicated to offering the world's best loose leaf teas. These are sourced from areas of the world renowned for the quality of their teas. We have created ten Tea Collections each comprising four carefully chosen teas selected from our range of over one hundred and fifty teas. These span English blends, black, green, oolong, white, flavoured teas and herbal infusions.

Our Tea Collections are an ideal introduction to speciality teas or as a gift for those in the know. Here are six examples:

Tea for the Whole Day
Tea for the Afternoon and Evening
Black Tea for Organic Lovers
Tea for the Morning
Green Tea for Organic Lovers
Explorers' Green Tea Collection

Visit us and discover the world's greatest teas:

greysteas.co.uk

Weschenfelderdirect
Equipment, Casings , Seasonings & Expertise

Whether you're a Chef, Restauranteur or home enthusiast we have everything you need to make your own Sausages, Burgers, Salami & Bacon!

T 01642 241395 W WWW.WESCHENFELDER.CO.UK

WEALD SMOKERY
FINE FOOD EXPERIENCE

Award winning traditionally smoked food with a unique taste and texture, providing a truly fine food experience.

MULTIPLE AWARD WINNER great taste PRODUCER

GET 15% OFF ALL PRODUCTS
SIMPLY ENTER OFFER CODE 15ALLGBF WHEN YOU BUY ONLINE

To find out more please visit wealdsmokery.co.uk or call 01580 879601
*OFFER ENDS 30TH SEPTEMBER 2015

JOIN US ON : Search Weald Smokery @wealdsmokery

IN the KNOW

Your guide to what to cook, make and buy this month

CONTENTS

P.66
Things you never knew about cider

P.69
Our pick of the best coffee kit

P.71
How to make the ultimate chicken tikka masala

P.75
Tried and tested - gin



66



69



75



71

66

THINGS YOU NEVER KNEW ABOUT...

CIDER

Autumn is the perfect time to enjoy proper farmhouse cider, mulled or fresh from the bottle. Discover the differences between each variety and how well it works in dishes



The Cider Spectrum

There are four different types of cider. The job of the producer is to find the perfect combination of apple varieties to create a balanced beverage (although there are several single-variety ciders available, too).

DRY CIDER has a lower amount of sugar and more tannins. Most are naturally dry, with a little sugar added later to lower the sourness.

SWEET CIDER has lots of added sugar to counteract its naturally dry, tangy characteristics. It's usually made by big industrial companies rather than smaller, artisan cider makers, and tends to include artificial sweeteners.

MEDIUM CIDER falls in between the dry and sweet varieties; it contains added sugar but still retains some of the tannic qualities of dry cider.

SCRUMPY is the name given to cloudy, unfiltered cider from the West Country (although these days it is increasingly used to refer to handmade draught cider of any kind). It tends to be strong, still or only very slightly carbonated and dry.

3 WAYS WITH... CIDER

1 **MUSSELS IN CIDER** is a simple dish that really benefits from cider's sweetness. In a large saucepan, simply soften onion and garlic in butter, then pour in cider and the mussels. Cover and steam for 4 minutes until all the mussels open, then add a touch of cream, sprinkle with parsley and serve with crusty bread.

2 **MULLED CIDER** is a great way to warm up on a cold night. Simply place 4 cardamom pods, lemon wedges, honey, cinnamon, whisky and cider into a pan and warm gently. Strain into 4 glasses and serve garnished with nutmeg.

3 **CIDER GRAVY** is wonderfully sweet and complements pork and chicken beautifully. Simply use it in place of wine – use it to deglaze the roasting pan and scrape up any bits, then top up with stock and reduce.







CAMP FIRE SAUSAGES IN CIDER SAUCE

Serves: 4
Prepare: 5 minutes
Cook: 30 minutes

600g Cumberland sausage ring
1 tsp rapeseed oil
1 onion, peeled and finely sliced
2 tsps wholegrain mustard
1 tbsp honey
150ml cider
100ml Yeo Valley Single Cream, or similar

1. Insert 2 wooden skewers in a cross shape into the sausage to pin it into a spiral. Heat the oil in a heavy-based frying pan, large enough to lay the wheel flat.
2. Cook the sausage on a medium-low heat for 10 minutes until browned, then turn it over and cook for 5 minutes.
3. Lift the sausage out, spread the onions into the pan, stir into the pan juices then replace the sausage on top. Continue to cook gently for a further 5-10 minutes until the onions are soft and the sausage is cooked through.
4. Remove the sausage from the pan and set aside. Spoon off any excess fat then stir the mustard and honey into the pan. Pour in the cider and bubble for 2 minutes before stirring in the cream and seasoning to taste.
5. Divide the sausage into 4 and pour over the cider sauce. Serve with a baked potato.

BIG APPLES

- **The West Country has always been cider's ancestral home, but nowadays it's produced across the UK, with Wales, East Anglia and Kent giving the South West a run for its money**
- **The UK consumes the most cider in the world, and produces 130 million gallons of the stuff every year**
- **In the 14th century, children were baptised in cider, as it was cleaner than water!**
- **Wassailing has taken place since the 1600s, and is a ritual performed to protect cider apple trees from evil spirits. These days it's more of an autumn festival, with plenty of dancing, music, and – of course – cider drinking!**
- **There are more different varieties of cider apple than there are days in the year**
- **Farm workers' wages used to include four pints of cider in medieval times instead of money**



Chutneylicious





Treat yourself to our stunningly delicious Indian Premium Mango Chutney - perfect with all your snacks and meals, including sandwiches, cheeses, cold meats, BBQ's, salads and of course with a curry!

Geeta's®
The Real Flavour of India

Win a Luxury Indian Food Hamper

To enter visit geetasfoods.com/luxuryhampercomp

Available at leading supermarkets in the UK. Find out more at **www.geetasfoods.com**







KITCHEN CONFIDENTIAL

COFFEE





James Fell plays barista for the day and tests five very stylish coffee gadgets



1 BARISTA & CO COFFEE PLUNGE

The newest recruit to the current copper craze has to be the trendiest kitchen item of them all; this bold and striking cafetiere. Not only does it look fantastic, its serving capabilities are top notch, too. The fine metal filter prevents barely any grounds from seeping through and the plunging mechanism takes no strenuous effort at all, resulting in some ridiculously smooth brew. It's definitely a worthy investment for anybody who likes their coffee served with some industrial-chic style!

£44 from Lakeland

2 HARIO COFFEE SYPHON

It might look like you need a PhD to work this apparatus, but it's simple to get the hang of. Adored by both design fanatics and coffee lovers, the precise science of expanding and contracting air pressure allows you to monitor every element of the brewing process; from observing the grind and water temperature to the time taken to extract the coffee. Made to maintain perfect water warmth, and with its cloth filter, the result is a brew of unparalleled purity.

£95 from whittard.co.uk

3 BIALETTI MOKA

If you're a coffee fanatic, you're bound to have had a cup made in one of these Moka stove-top pots at some point in your life. If you haven't, you're seriously missing out! They say the classics never go out of style, but we're loving the new range, available in three eye-catching colours – dazzling red, modish blue and bright orange. The evaporation system makes a coffee lighter on the palette than an espresso – it's ideal for those who prefer a longer black coffee.

£40 from House of Fraser

4 OXO COLD BREW MAKER

A huge trend amongst coffee connoisseurs and baristas in the US, cold brewing is becoming a popular way to make coffee in Britain, too. Cold brewing extracts much less acid from the bean than brewing with hot water, producing a drink which is naturally sweet. This piece of kit is simple, affordable and makes a sublime cup of joe with no electricity needed, just time (the grounds need to steep in cold water for up to 24 hours before filtering) and a little patience!

£44.99 from Lakeland

5 LE CREUSET CAFETIERE

Enjoy delicious coffee served in traditional stoneware with this iconic volcanic coloured French press. The durable enamelled surface is fantastic as it resists staining and will not absorb any odours or flavours – it's also super easy to clean. The nifty French press ensures direct contact between the beans and the water, which in turn creates a whirlwind of intense aroma and flavour which is ideal for a lazy Sunday morning.

£49 from House of Fraser

Tims Dairy
...good food from the heart of the Chilterns

Award Winning Fresh Yogurt



Made in Buckinghamshire with natural ingredients, no artificial colours, additives or preservatives.

Premium, live yogurts made with fresh British milk.

@timsdairy www.timsdairy.co.uk /timsdairy

Put the 'oo' back into food at LucyCooks

The Cookery School in the Lake District



LucyCooks .... And so can you!

LucyCooks on The Mill Yard, Staveley, is a fabulous alternative culinary activity to enjoy whilst you're in the Lake District ... indulge in the pleasure of food from preparation to presentation. An extensive and varied range of courses and workshops are available. Don't forget to look out for some of our special offers and last minute deals – visit the LucyCooks website or call for details.

- Practical Courses (full and half days)
- Demo, Do and Dine
- Bespoke Events
- Team Building
- Family FunDays
- Skills for Life
- Hen, Stag, Birthday Parties
- Special Occasions
- The Art of Afternoon Tea (watch our chefs cook and talk about the Great British teatime tradition and then enjoy the goodies!)



WHAT'S COOKING FOR WINTER?? **Dine with a Difference** - our new style 'Demo and Dine' evenings held on Friday evenings ... 7.30pm £30 per person for 3 courses
something a little bit different for the discerning diner!
PLUS!! For an all-inclusive Afternoon Tea – treat someone special to a LucyCooks' 'ANYTIME IS TEATIME' experience – Wednesday to Sunday
Booking Necessary ... see website for details

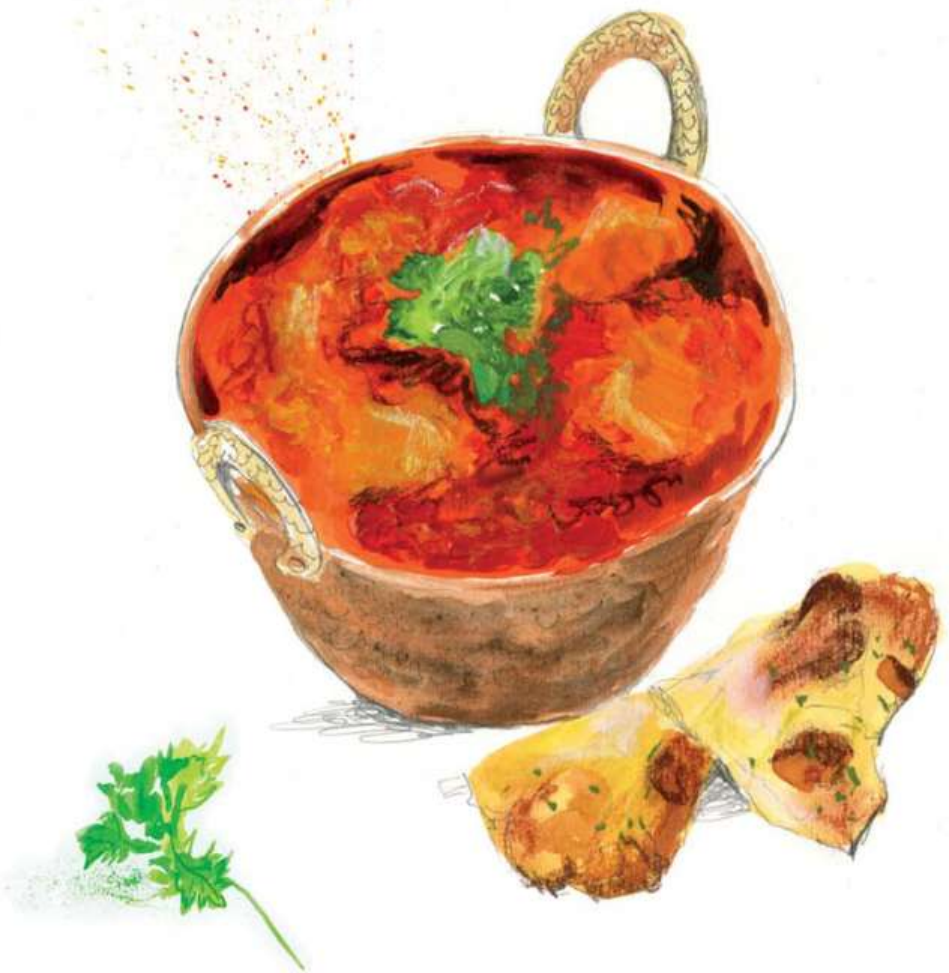
www.lucycooks.co.uk • 01539 822507

Mill Yard, Staveley, Nr Kendal, Cumbria LA8 9LR

HOW TO MAKE THE ULTIMATE

Chicken Tikka Masala

Tom Shingler invokes the sounds, smells and colours of India (or, more accurately, a Glaswegian curry house) by cooking the mighty masala



This Indian dish was, according to popular belief, actually made in 1970s Glasgow, when a bus driver at the Shish Mahal restaurant said his chicken curry was too dry. The chef poured in some tomato soup, sent the plate back and it became an instant hit. Whether this is true or not doesn't really matter – chicken tikka masala regularly tops polls of the UK's favourite dish, and is as British as fish and chips.

The dish has two parts – the tomato-based sauce, which is creamy and mildly spiced, and the chiken tikka, which is marinaded and cooked separately, before being added to the sauce at the last minute. While the dish has moved on from containing tinned tomato soup as an ingredient, and lacks the complexity of more traditional curries, it's full of nostalgic, comforting flavours that are just the ticket when it's a bit miserable outside.

"Is there anything more comforting than using a naan to scoop up grilled chicken and rich, spiced sauce?"



THE CHICKEN

While bone-in pieces of chicken are fuller flavoured, I find boneless is the better choice; otherwise you're going to get very saucy fingers trying to pick all the meat off. Breast meat tends to stay juicier and has the better texture, but thighs are just so much more 'chickeny'. So, naturally, I use a mix of the two, all cut into similar sized chunks (about 4cm big).

After marinating (see below), you need to cook the chicken separately, locking in the moisture while achieving a nice char on the outside. Being serious cooks, I'm sure you all have a lit tandoor oven in the middle of your kitchen ready to crisp up meat at a moment's notice, but if, like me, you for some reason don't have one to hand, then you'll have to recreate the effect as best you can.

If you've got a big barbecue with a lid (e.g. a Big Green Egg) then you can just light the coals and feed the skewered chicken through the hole at the top, keeping a close eye on it so it doesn't burn. Even a normal barbecue can produce pretty good results – just turn the skewer regularly until nice and charred all over. However, seeing as it's November and you've probably relegated any outdoor cooking equipment to the back of the shed, it's best to look at the options in your warm, rain-free kitchen.

Pan-frying doesn't get enough crust on the chicken and tends to dry it out, even when a heavy cast-iron is heated to smoking point. Roasting the chicken keeps it relatively moist, but again, the char just isn't quite right. The best option is to preheat a grill to its highest setting, balance the skewers over a deep baking tray so the chicken is suspended, and place them a few centimeters away from the heat. Turn when the surface starts to blister and blacken, and in about 15 minutes you'll have a pretty authentic tikka.

THE MARINADE

This is where your homemade tikka will differ wildly from the bog standard curry house versions. Instead of that radioactive, neon red coating that's laden with food colouring, your chicken should have a nice brick-red coating after grilling. It really is vital to marinade the chicken a day before you cook it, too, to let all the flavours really seep in.

As with all marinades, it should contain something acidic (lemon juice) and something creamy (yoghurt) to help work the spices into the chicken whilst tenderising it at the same time. A hefty tablespoon of smoked paprika lends the essential red colouring and bolsters the smokiness, while cumin, garam masala, garlic and ginger add the familiar Indian flavours. A little chilli powder adds warmth and colour without blowing your head off, and salt seasons the chicken before it meets the sauce.



ILLUSTRATIONS: LOUISE ABBOTT

THE SAUCE

The masala element of this dish is really where all the flavour comes from – it coats the smoky, grilled chicken pieces in a mild, comforting, creamy sauce, just begging to be mopped up with a chapati or naan. Again, this should be made a day before serving, to allow the flavours to meld together.

You can't mess around with the spices too much, here – while it might taste delicious, changing too many of them will turn your masala into something else entirely. You'll need the standard base of pureed onions, ginger and garlic, topped up with chopped tomatoes and water, then stir in a decent amount of cream (and a spoonful of ground almonds) at the end to give it that rich, silky texture. Spice-wise, you'll need coriander, cloves, cinnamon and cardamom for flavour, paprika and turmeric for colour, and garam masala for the finishing touches. A squeeze of lemon juice lightens the dish, as does a sprinkle of freshly chopped coriander.

It's important to grind all your spices to a powder, either with a spice grinder or a good pestle and mortar, and to puree the sauce after it's cooked. Tikka masala is a dish made for shoveling into the mouth without fear of biting down on an errant clove or cardamom pod. Basically, you're aiming to make a much more refined, spiced version of the tomato soup used in the (supposedly) original recipe.

IN the KNOW



SIDES

Personally, I think breads are the better option with a sauce-heavy dish such as this. Rice is delicious, but isn't as good at mopping up the masala, combining with it to create something like a spicy rice pudding instead. Chapatis are the best for scooping, but a good, garlicky naan seems more fitting for a dish as rich as this. If you want to elevate your dinner to banquet status, a few sides of bombay potatoes, saag paneer or a spicy chickpea daal are all fantastic accompaniments.

•ULTIMATE•

CHICKEN TIKKA MASALA

Makes: 4
Prepare:20 minutes, plus overnight marinading time
Cook: 1 hour, plus overnight resting time

1 tbsp cumin seeds
1 tbsp smoked paprika
1 tbsp garam masala
½ tsp chilli powder
3 boneless chicken thighs, cut into bitesize chunks
3 chicken breasts, cut into bitesize chunks
150ml plain yoghurt
Juice of 2 lemons
1 tsp sea salt
3 garlic cloves, peeled and crushed into a paste
1 tbsp pureed ginger

For the sauce:
Seeds from 6 green cardamom pods
½ tsp cinnamon
4 cloves
½ tsp turmeric
1 tsp paprika
1 tsp chilli powder
1 tbsp coriander seeds
1 large onion, peeled and chopped
1 thumb-sized piece of ginger, peeled and chopped
8 garlic cloves, peeled and chopped
2 tbsps ghee or rapeseed oil
1 400g can chopped tomatoes
1 tbsp tomato puree
½ tsp sugar
50ml double cream
1 tbsp ground almonds
1 tsp garam masala
Sea salt
Lemon juice
Small handful coriander leaves, chopped

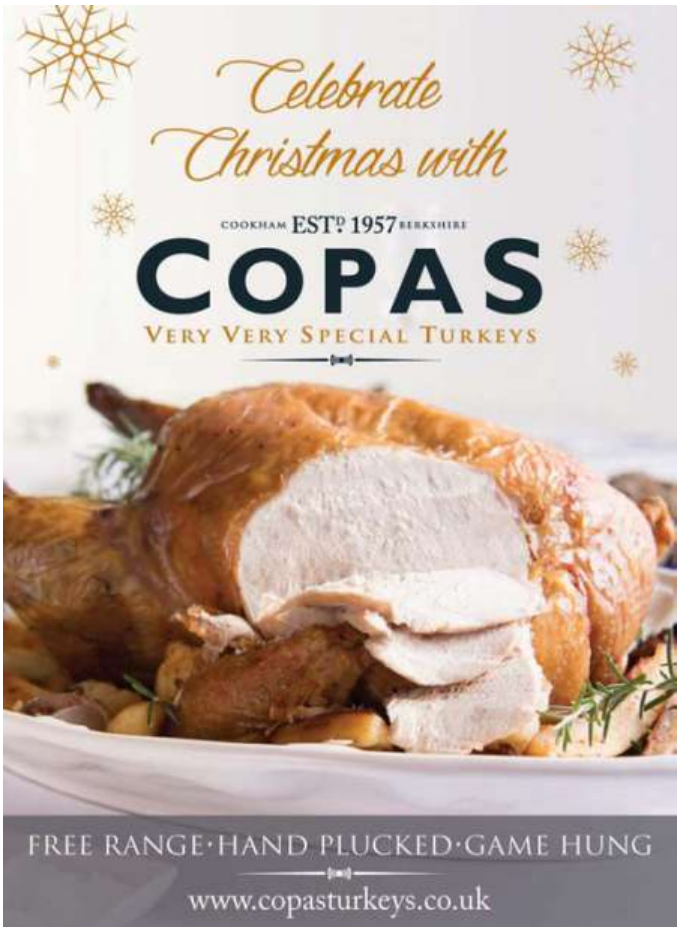
1. For the marinade, toast the cumin seeds, smoked paprika, garam masala and chilli powder in a small frying pan until fragrant, then crush and combine in a pestle and mortar. Sprinkle over the chicken, then add the yoghurt, lemon juice, salt, garlic and ginger and massage into the meat. Cover and leave to marinade overnight.

2. For the sauce, toast the cardamom, cinnamon, cloves, turmeric, paprika, chilli powder and coriander until fragrant, then grind to a powder. Place the onion, ginger and garlic in a food processor and blitz until smooth. Heat the ghee or oil in a large saucepan and add the onion mix, then fry for 5 minutes until golden. Tip in the spice mix, stir and cook for a minute, then add the tomatoes and tomato puree. Cook for a few more minutes, then add 300ml water. Simmer for 30 minutes until thickened, then puree (if needed) with a stick blender. Set aside to cool then chill overnight in the fridge.

3. The next day, gently reheat the sauce in a large saucepan and preheat your grill to the highest setting. Brush most (but not all) of the marinade off the chicken and thread onto skewers. Tip any leftover marinade into the sauce and bring to a light simmer. Meanwhile, place the chicken under the grill and cook, turning regularly, for 15 minutes, until the surface is charred all over. Remove the meat from the skewers and stir into the sauce.

4. Add the sugar, cream, ground almonds and garam masala and simmer for 5 minutes. Add salt and lemon juice to taste, then sprinkle with coriander. Serve immediately with naan bread.


PINKSTER
AGREEABLY BRITISH GIN
A SMALL BATCH, PREMIUM GIN PRODUCED WITH FRESH RASPBERRIES AT OUR CAMBRIDGE HQ.
DELICIOUSLY DRY, WITH A HINT OF FRUIT AND AN EXCEPTIONALLY SMOOTH FINISH.
WWW.PINKSTERGIN.COM
@PINKSTERGIN
#SPANKTHEMINT


Celebrate Christmas with
COOKHAM ESTD 1957 BERKSHIRE
COPAS
VERY VERY SPECIAL TURKEYS
FREE RANGE·HAND PLUCKED·GAME HUNG
www.copasturkeys.co.uk


Quote GBF10 for 10% off
HOT FACE SAUCES
MADE IN KENT, ENGLAND
HOT FACE SAUCES
MANGO
MEDIUM CHILLI SAUCE
Real Chilli Sauces. Made in Kent.
info@hotfacesauces.co.uk +44 (0) 7519 396 293
www.hotfacesauces.co.uk
TASTE OF KENT AWARDS 2015
Kent Food Producer of the Year
HOT FACE SAUCES
MAIDSTONE
WINNER
MEMBER
PRODUCED IN KENT

TRIED & TASTED

GIN

Our favourite bottles of a truly British spirit

1 Warner Edwards Victoria's Rhubarb Gin

If you asked people to name two things that represented Britain's food and drink scene the best, gin and rhubarb would both score pretty highly. That's why we absolutely love this offering from Warner Edwards. Apart from the colour, which turns a beautiful pastel pink when mixed with tonic, the rhubarb flavour really shines through, lending a tart sweetness to the company's already award-winning dry gin.
£38 from warneredwards.com

2 No.3 London Gin

Created for alcohol heavyweight Berry Bros & Rudd – the oldest wine and spirit merchant in London – this gin was specifically distilled for use in dry martinis (although it's absolutely delicious in a standard G&T, too). The botanicals used are pretty straightforward, with juniper, cardamom and coriander at the fore, but what makes No.3 so moreish is how perfectly balanced it is. It really does make the perfect martini; so much so that adding vermouth feels almost optional!
£35 from 31dover.com

3 Edgerton Pink Gin

Edgerton's vibrant pink colour comes from pomegranate which is added after distillation, giving it a perfumed, sweet, fruity flavour. The botanicals are far from the norm, including fantastically named ingredients like grains of paradise and damiana, but there's enough juniper to give it that classic gin taste. Drunk neat or in a martini, Edgerton has a lip-smacking sourness, but combine it with tonic and you've got a very drinkable, sweet, refreshing tipple that'll make you pine for hot summer days.
£29.95 from 31dover.com

4 Williams Chase Elegant Gin

TThe Chase Distillery actually uses its own Herefordshire apples to make gin, rather than grain, so it's quite unique in both flavour and provenance. The distilled apple base means it's a bit more fruity and tart than grain-based gins, and the flavour is so complex you can enjoy it like whisky, on its own with a few ice cubes. The bottle looks absolutely stunning, too, and will certainly add gravitas to any cocktail cabinet.
£38 from Waitrose

5 Pinkster Gin

Another pink gin, this time thanks to the raspberries that are steeped in the spirit after distilling. Only five botanicals are used to make Pinkster, with juniper lending the most dominant flavour, but you can really taste the berries in every sip. Serve it long with good tonic, a raspberry and a sprig of mint before dinner for a real treat.
£33 from pinkstergin.com

6 The London Gin No. 1

Unlike certain other gins where the bottle is coloured rather than the spirit, this gin is actually blue, thanks to the gardenia flowers it's macerated with. This gives any G&T made with London No. 1 an eerie, cool turquoise colour that's certainly a talking point! Appearance aside, it's a fantastic gin, made with grain from Suffolk and Norfolk and a flavour reminiscent of Earl Grey tea. Delicate, elegant and very smooth.
£33.90 from Ocado



“This is a fantastic time – I think we’re in the midst of a food renaissance”

The nation’s most cheerful foodie chaps join James Fell for a chat about the joy of meat, the best of British and how they discovered their unbridled love for all things food

*** When did you learn to cook?**
Dave: We’ve both cooked since we were kids and learnt in totally different ways. I was a child carer looking after my mum, so I had to take on the family’s cooking and I found that part really good fun – I just wasn’t too keen on doing all of the family shopping when I was 12!
Si: I’m the youngest of three and my dad was incredibly well travelled, so he used to bring all sorts of exotic stuff home. I was quite well versed in diverse food from an early age and we cooked dishes which were far from your typical dinner in North East England.

*** What currently excites you about British food?**
Dave: We love people’s enthusiasm for food. We’re allowed to make television programmes about it, which is always a good indicator of people’s growing interest. Britain has embraced the food culture so much over the past 20 years that it’s practically unrecognisable. This is a fantastic time – I think we’re in the midst of a food renaissance.
Si: There aren’t many countries where in most provincial cities outside of the capital you can eat your way around the world. That’s down to Britain being a multicultural society. We embrace other cultures’ cuisines and haven’t got the same attitude as some parts of France or Italy where they think there’s only one way to do things. We’re far more enthusiastic to make slight tweaks and changes to classic recipes than most countries – I’m very proud to be a part of that culture in the UK.

*** Best destination in the UK for food?**
Dave: Where I live in Cumbria is definitely up there with the best of them. The Lake District Farmers Company supplies meat to over 60% of the UK’s Michelin-starred restaurants and the delicious Herdwick and Salt Marsh lamb is available all year round. Cumbria’s food heritage runs back to Georgian times, when we had the spice route. The spices would come in from Workington and Whitehaven and that’s why we have perfect Cumberland sausages!
Si: I’m obviously going to say Northumberland and the north east! The fish up there is superb and we send loads of it down to London. It’s all about the shoulder area of England; Cumbria, Hexham and Northumberland. We have the absolute lot.

*** How do you go about developing recipes as a duo?**
Dave: When you’re cooking recipes with each other you have this mutual tornado of enthusiasm. We’ve always enjoyed cooking together and over the years we’ve learnt in parallel, so neither one of us has gone off and learnt more than the other. If there’s something I’m good at I’ll take it on and work it up and liaise with Si or vice versa. I probably do a bit more baking, but he’s really great at the application of fire to sticks!
Si: We’ve been cooking together for so long now that it’s just a really comfortable, creative process. We have a responsibility to the people who buy our cookbooks and we make sure the recipes are the best they can possibly be.

*** What are you both working on next?**
Dave: We’ve already filmed a series which goes out in January on the history of British pubs. There’s our autobiography coming out and I have a series on my own where I report on architecture and the history of building. We’re also just starting to work on a really big Hairy Bikers project for next year and we’ve got a programme called *Old School* coming out, which is an experiment where elderly people are put in the school place. We’ve got a lot on!



The Hairy Bikers' Meat Feasts is published by Weidenfeld & Nicolson, priced at £22

The Hairy Bikers on...

GUILTY PLEASURES...
Dave: Mine is definitely pizza – I love it. It's super fattening though so I've really got to watch myself!

INSPIRATIONS...
Si: My mum – she was brilliant and taught me so much

Dave: Keith Floyd – it felt like he helped men to cook

NOVEMBER PRODUCE...
Dave: I love game, especially grouse and partridge. It's also the perfect time for wild mushrooms and Swiss chard

Si: It's a brilliant month for shellfish, too!

LEAST FAVOURITE MEAT...
Dave: I can't abide tripe – I hate it

Si: I'm not keen on chitterlings!



THE WHOLE HOG

They're a nuisance for some but good news for gourmets; wild boars are back in the woodlands of East Sussex after centuries of near extinction. Lizzie Enfield discovers more about these beautiful beasts

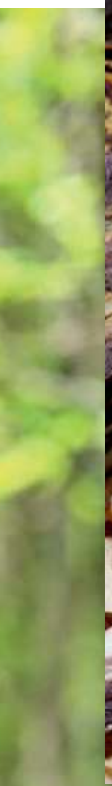
There's a large dark shape, looming on the road in front of me – a beastly apparition caught in glare of my headlights. I brake, suddenly, wondering what it is and the creature darts off into the woods, before I get a closer look.

"What was that?" I ask my husband. "I don't know," he replies and we drive on through the night, wondering if our imaginations are playing tricks on us. Then the travel news cuts in on the radio, warning us of wild boar on the roads in this part of East Sussex. "So that's what it was," we say and I drive a little more cautiously, keeping an eye out for animals.

When not hogging the roads (excuse the pun), wild boar is a celebrated local delicacy. They crop up on menus in pubs and restaurants, on the counters of butchers shops and delicatessens and the town of Rye even has an annual event devoted to them, Wild Boar Week, which takes place each October (24 Oct - 1 Nov). "Genuine wild boar, as opposed to farmed, is a truly local product," says the festival's organiser, Oliver Campion. "This is one of very few parts of the country where a lot of wild boar roam the woods and where wild boar meat is easily available to purchase."

Where Charles and Camilla enjoyed a foxhunt, until the ban, Henry VIII's prey of preference was wild boar. The animals were once a part of the English landscape before being hunted to extinction during the 17th century. Our island nation was deprived of meat it had hitherto











enjoyed, although they continue to thrive in mainland Europe, where around 750,000 are killed each year.

Then, around 19 years ago, according to the British Wild Boar organisation, they began to re-emerge in the woods and forests of Sussex. Its thought they must have escaped from farms, been dumped by illegal importers or set free by animal rights activists. However they got there, they began doing what animals do – breed. And by the turn of the millennium, wild boar colonies were established in East Sussex, Kent, Gloucestershire and Devon.

The Department for Environment, Food and Rural Affairs estimates there are around 1,000 boar living wild in Britain, some experts claim that the true figure is at least ten times that

Pigging Out

The authentic unfarmed meat has a distinctive texture. It bears little resemblance to pork, looks more like steak and tastes like a cross between organic pork and venison – perfect for a hearty, nourishing meal on crisp autumnal days or cold winter nights.

It's a very versatile ingredient," says Thomas Cochrane, head chef at the George in Rye. "It can be used in stews, pies, burgers and sausages, or cured as a charcuterie. Because the animal is wild it's meatier and has a much richer flavor than farmed meat."

Wild boar has been championed by celebrity chefs such as Jamie Oliver, who likes to dish up wild boar burgers and an oven baked rigatoni with tomatoes, Mozzarella and wild boar salami. Meanwhile, Michel Roux Jr recommends a wile boar ragu with mushrooms to compliment the flavor of the animals that forage in forests for their food.

It's a popular ingredient but the numbers of genuine wild boar are too small to meet the demand in the UK. Most of the meat you find in restaurants and butchers outside of Gloucestershire, East Sussex and Devon is likely to be farmed or imported from the continent, where large numbers of the animal still breed in the forests of Eastern and Central Europe.

This is why Rye sees fit to celebrate its ready supply of genuine wild boar with a week-long programme of exhibitions, quiz nights, parties and a plethora of restaurants serving the meat up in all shapes and sizes; as pressed belly, in black pudding, steaks, sausages, stews, cured as charcuterie and every other conceivable way. On the plate, wild boar is meltingly tender,

slightly gamier than its farmed counterpart and provides a leaner alternative to pork that can be used in a variety of dishes.
On the roads and roaming wild, the animals are more problematic. In East Sussex there have been complaints about them digging up crops, damaging lawns, and scaring dogs. Walkers in the woods have reported scary encounters with creatures than can weigh up to 25 stone. The animals were blamed for destroying grass verges and a football pitch at a primary school in Gloucestershire and digging up ashes of loved ones scattered at the Pan Tod Beacon beauty spot.

Into the Woods

And it gets worse. The department of transport is considering bringing out a "beware of boar" road sign, after a man was killed when his car collided with a boar that had strayed onto the M4 in Wiltshire earlier this year. In April, in the Forest of Dean, a couple were attacked by a boar which savaged their dog and turned on the woman before being beaten off by her husband with a tree branch.

Gloucestershire police have since warned walkers to take extra care and stick to marked woodland paths but anxious



PHOTO: OLIVER CAMPION







locals are embracing more radical solutions and shooting them. Unlike other types of game there is no official boar-hunting season, no time when they are allowed to breed and wean their young with impunity.

Some fear this could lead to their numbers dwindling again but Kerry Herbert, who manages VJ Game butchers at Broad Oak in east Sussex, says the animals need to be controlled. "Wild boar have no natural predators and without hunting their breeding could get out of hand. There is no season, so they can be hunted all year round but the gamekeepers who supply us with meat don't hunt them during the breeding period."

There are calls for this hunting etiquette to be put into law and wild boar to be given the same protection as other game species but while there is no wild boar season, Kerry Herbert believes their habits offer them a certain amount of protection anyway.

"They're not easy to hunt. They're nocturnal and tend to stick to the forests, whereas deer roam more freely and often in open spaces. So they're not an easy target and you have to track them down."

There are records, from medieval times of boar from the Forest of Dean being supplied to the royal table – 100 boar and sows were ordered for a Christmas feast in 1254. You'd be hard pressed to get anyone to fulfill that sort of order nowadays but if you check out the butchers and farmers' markets in the



areas where the animals roam today. Many of them supply a range of genuine, locally sourced, wild boar products. Elsewhere it's possible to buy imported farmed or frozen wild boar. After our encounter with one on the road, I slow down, put my headlights on full beam and keep and eye out for wild boar.

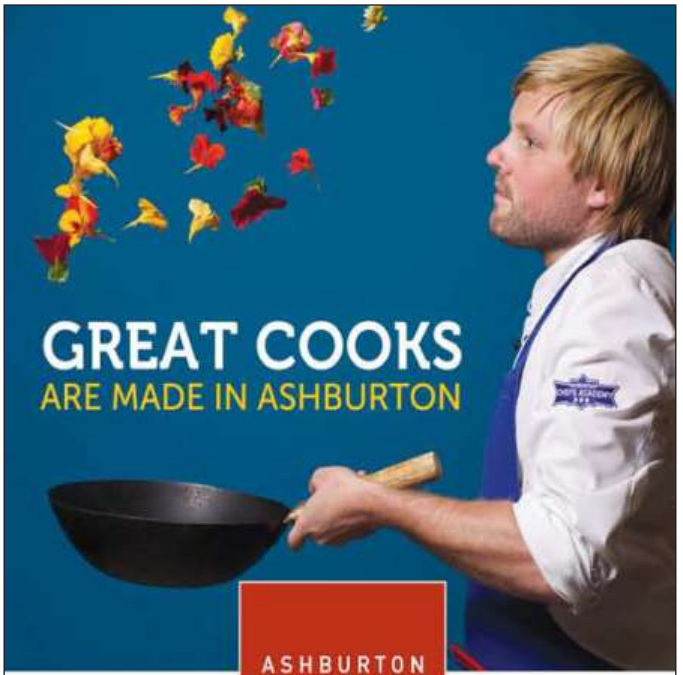
We don't see any more on that particular evening, but we do tuck into a wild boar casserole at a local pub a few days later. It's delicious: rich, gamey and melts in the mouth - perfect fodder for a crisp autumnal evening and, in this era of intensive factory farming, it's about as pure and organic as you can get.



Where to Stay

It's Wild Boar Week in Rye, East Sussex from 24 October to 1 November – why not visit, indulge and graze your way around town enjoying the region's many delicious delicacies? Make a weekend of it by staying in a stunning Bramley and Teal Holiday Cottage in the centre of town and spend a few days enjoying local treats like game, wine and of course, wild boar. Go to wildboar.org.uk for festival details and bramleyandteal.co.uk to book your accommodation.





ASHBURTON COOKERY SCHOOL

The **Ashburton Cookery School** is one of the UK's top culinary schools with over 40 inspirational cookery courses to choose from, designed to suit beginners through to advanced cooks. Courses are led by professional chef tutors and range from weekend cookery breaks and residential cookery holidays to culinary diplomas.

Learn to cook your favourite cuisine on courses such as **Thai**, **Italian**, **Modern British** or **Authentic Indian** using only the best local, seasonal ingredients. Improve your home entertaining on our **Dinner Parties** courses or develop your cookery skills in a specific area such as **Patisserie**, **Sauces** or **Fish & Seafood**.

You can even turn your passion for cooking into a vocation and train to be a professional chef at our prestigious **Chefs' Academy**.

Whether you want to learn to cook for family and friends or launch your culinary career, we have just the cookery course to suit your taste.

2012 COOKERY SCHOOL OF THE YEAR — 2013 COOKERY SCHOOL OF THE YEAR — BEST ENGLISH COOKERY SCHOOL

www.AshburtonCookerySchool.co.uk
Old Exeter Road, Ashburton, Devon TQ13 7LG. Tel: 01364 652784.

BRAMLEY & TEAL
HOLIDAY COTTAGES



01580 713669 / BRAMLEYANDTEAL.CO.UK

BLACK SHEEP VISITOR CENTRE

Shepherded Tours ~ Bistro ~ Baa...r ~ Sheepy Shop



A great, alternative day out. We have a delicious seasonal menu, a fantastic array of unique gifts in our shop. With regular tours of the brewery you can find out how we brew the Black Sheep way and finish off with a sample of our award winning beers.

Tel: 01765 680101 or email: sue.dempsey@blacksheep.co.uk
Black Sheep Brewery, Wellgarth, Masham, Ripon, North Yorkshire, HG4 4EN

BLACK SHEEP BREWERY — BORN & BRED IN MASHAM, YORKSHIRE | blacksheepbrewery.co.uk | FOLLOW US

"Bonfire-fragranced brews evoke the tastes and smells of Guy Fawkes Night"

With Bonfire Night around the corner, resident beer expert **Sophie Atherton** investigates the world of smoked beers – and picks three of her favourites to enjoy in front of the fire



Guy Fawkes night was a big deal when I was a kid. My family didn't favour organised displays, instead funds would be pooled to purchase a few fireworks and sparklers to be set off in our back garden against the backdrop of the biggest bonfire my Dad could build.

Between each rocket shooting skywards, Roman Candles spraying showers of sparks and Catherine Wheels that rarely span properly my Mum would nip in and out of the house to check on the sausages and jacket potatoes we'd feast upon after the evening's entertainment. It was 'An Occasion'. As my oldest friend Kelly will attest. I still remember, some 30 years later, her handmade 'thank you' card for being invited one year. But what has all that got to do with beer?! Well, it's all about the smell.

Not so much the cordite of the fireworks, but the smoke of the bonfire which might linger in your clothes for days after and of which I'm always reminded when I have a smoked beer. These bonfire-fragranced brews are not a new phenomenon but there's now a good few British ones around and it seems appropriate to write about them this month.

Historically many beers would inadvertently have tasted rather smoky. Prior to advances in malting technology (malting is the process of preparing barley for use in brewing) in the mid 19th century malt would have been dried over open fires with little to be done about stopping the smoke from contributing to the flavour. In Germany a Bamberg-based brewery known as Schlenkerla created (and continues to make) deliberately smoky beers with beechwood smoked malt to give an almost bacon-like flavour. Known as 'rauchbier' it's a tradition that's influenced British brewers arguably more than the accidentally smoky British beers of the past.

Smoky flavours range from extremely subtle through to much more pronounced but they're usually great for pairing with food – especially smoked meats, cheese or fish. As well as the three below look out for By the Horns Old Smoke (5%) which is lighter than many smoked beers and has citrus flavours, as one of the ingredients is tea.



THE DRINKS:

Historical echoes: Lovibonds Brewery, Oxfordshire - Henley Dark (4.8%) The aroma from this porter style beer is more woody than smokey and the smoke flavours are subtle, a wisp rather than great plumes, but more noticeable as the beer warms. Traditional porter-like chocolatey flavours are balanced with good hop character in an obviously well made brew.

No beer is an island: Okells Brewery, Isle of Man - Aile Porter (4.7%) Another porter, harking back to one of Britain's most popular beers of the early 19th century. Lighter in body than its dark brown colour suggests dried fruit, smoke and tobacco aromas carry through to the taste - in which peat-smoked malts add extra depth to the flavour.

On fire: Cheshire Brewhouse, Cheshire - Smokehouse Porter (6.2%) This translucent mahogany coloured beer offers aromas of smokey bacon and red berries. This comes through in the flavour, where it's met by juicy Black Forest fruits culminating in a dry, earthy finish.

At Home with TOM KERRIDGE

Tom Kerridge is famous for the beautifully crafted food he serves up in his two Michelin star pub The Hand & Flowers; here he's created a trio of delicious dishes that take inspiration from the restaurant kitchen but are easy to make at home

GREEN CHILLI CON CARNE

Serves: 6–8
Prepare: 15 minutes, plus resting time
Cook: 55 minutes

1kg minced pork
1 tbsp cumin seeds
1 tsp dried thyme
2 onions, peeled and diced
4 garlic cloves, peeled and finely grated
2 green peppers, cored, deseeded and diced
8 green chillies, chopped (seeds and all)
6 ripe tomatoes
½ bunch of spring onions, trimmed and chopped
2 tsps salt, or to taste
1 tsp cracked black pepper
A bunch of mint, stalks removed, leaves shredded
Finely grated zest and juice of 2 unwaxed limes

To serve:
Wholemilk yoghurt
Tortillas

1. Heat a large, non-stick frying pan over a medium-high heat. When it's hot, add the minced pork, cumin seeds and thyme and dry-fry for 10–15 minutes, breaking up the meat and stirring frequently, until it's dry, browned and crispy.
2. Using a slotted spoon, transfer the browned spicy meat to a bowl. Drain off any excess fat, keeping a little in the pan to cook the vegetables.
3. Return the pan to a medium-low heat. Add the onions and garlic and cook for about 10 minutes, stirring from time to time, until softened. Stir in the green peppers and chillies and cook for a further few minutes, then return the browned meat to the pan. Give everything a good stir and cook for another 5 minutes. Meanwhile, deseed and roughly chop the tomatoes.
4. Pour **150ml of** water into the pan, add the tomatoes and bring to the boil. Turn the heat to its lowest setting and let the chilli bubble away, uncovered, for around 15–25 minutes, until a lot of the liquid has evaporated. You want the mixture to be juicy but not too liquid and saucy.
5. Stir in the spring onions, salt and pepper. Finally, stir through the mint, and the lime zest and juice and allow to bubble for a couple of minutes longer. Take off the heat and leave to stand for 10 minutes to let the flavours develop before serving. Spoon the chilli into warmed bowls and serve with plenty of yoghurt and tortillas, with a crisp green salad on the side if you like.

WEEKEND ROAST CHICKEN

Serves: 4–6
Prepare: 15 minutes plus brining and drying time
Cook: 3 hours, 20 minutes

1 large chicken, about 2kg, giblets removed
1 unwaxed lemon, quartered
A small bunch of rosemary

For the brine:
300g salt
150g caster sugar
4 bay leaves
1 tbsp mustard seeds
1 tsp black peppercorns
2 unwaxed lemons, sliced

For the rub:
50ml olive oil
3 tbsps maple syrup
2 tsps salt



2 tsps cayenne pepper
2 tsps ground cumin
1 tsp freshly ground black pepper

1. First make the brine. Put all the ingredients except the lemons into a large saucepan with **3.5 litres water**. Bring to the boil, stirring to dissolve the salt and sugar. Transfer to a bowl or container that will fit the chicken, add the lemon slices and leave to cool. Once cooled, cover with cling film and refrigerate.
2. Before you go to bed, place the



"I've always been drawn to the raw flavour and heat you get from green chillies and green peppers and they're really great in this dish"





chicken in the brine, making sure it's fully submerged. Cover with cling film or a lid and place in the fridge. Leave to brine overnight for about 8 hours (no more than 12 hours or the chicken will be too salty).

3. The next morning, lift the chicken from the brine and pat it dry with plenty of kitchen paper. Place on a rack in a large roasting tin and return to the fridge, uncovered, for another 6–8 hours to dry out the skin (ready to crisp up in the oven).

4. Take the chicken out of the fridge

"This is so simple, once you've made it, it will become your 'go to' chocolate cake. Cooked at a low temperature and left to set as it cools, it will then stay perfectly soft and moist in a tin for several days"

30 minutes before cooking. Preheat the oven to 140°C/Fan 120°C/Gas 1. Mix the ingredients for the rub together in a bowl, then smear all over the chicken, to coat evenly. Return the bird to the rack in the roasting tin, breast side up, and put the lemon and rosemary in the cavity.

5. Roast for 3 hours, basting from time to time. The chicken is cooked when a meat thermometer inserted in the thigh area near the breast (but not touching the bone) registers 70°C, or the juices run clear when the same area is pierced with a skewer. For the last 10 minutes, whack the oven temperature up to 220°C/Fan 200°C/Gas 7 to crisp and brown the skin.

6. Remove from the oven and stand the bird upright to let the juices in the cavity pour into the tin. Cover loosely with foil and rest in a warm place for 10 minutes or so. Serve the chicken with the 'gravy' created by the juices in the tin, and seasonal vegetables.

FLOURLESS DARK CHOCOLATE CAKE

Makes: 8-10 slices
Prepare: 15 minutes
Cook: 50 minutes

250g butter, diced, plus extra for greasing
375g dark chocolate (70% cocoa solids), broken into small pieces
7 free range eggs, plus 1 extra egg yolk
375g caster sugar

To serve:
Whipped cream or crème fraîche
Raspberries, toasted nuts and/or grated chocolate (optional)

1. Preheat the oven to 140°C/Fan 120°C/Gas 1. Lightly grease a 23cm springform cake tin with butter and line the base and sides with non-stick baking parchment.

2. Put the butter and chocolate into a large, heatproof bowl and place over a saucepan of barely simmering water, making sure the bottom of the bowl is not touching the water. Allow to melt, then stir until smooth. Remove the bowl from the heat and cool slightly.

3. Using a freestanding mixer fitted with the whisk, or an electric hand mixer and bowl, whisk the eggs, egg yolk and sugar together until the mixture is light, fluffy and increased in volume. Carefully pour in the melted mixture and fold gently with a spatula to combine, trying not to knock out any air.

4. Pour the cake mixture into the prepared tin. Bake for about 40–45 minutes until set. It will soufflé up a little and a crust will form on the top. Remove from the oven and leave to cool in the tin – the cake will settle and sink down in the centre.

5. Once it's cooled, press down and flatten the surface a little with a palette knife – this helps to give it a lovely, soft and gooey texture. Release the sides of the tin and peel away the parchment from the sides of the cake.

6. Invert a serving plate over the top of the cake and turn both over, to release the cake onto the plate. Remove the tin base and the baking parchment. Either serve the cake just as it is, with cream or crème fraîche, or finish with any combination of whipped cream, raspberries, toasted nuts and grated chocolate.

Recipes taken from *Tom's Table* by Tom Kerridge with photography from Christian Barnett (£25, Bloomsbury, £25.00)





KitchenAid

THE AMAZING KITCHENAID ARTISAN 4.8L FOOD MIXER

PURCHASE BETWEEN 21ST AUGUST & 1ST NOVEMBER 2015 AND RECEIVE

THREE FREE GIFTS WORTH MORE THAN £300*

*TERMS & CONDITIONS APPLY. GLASS BOWL & FOOD PROCESSOR ATTACHMENT VIA REDEMPTION

KitchenAid Glass Bowl with Lid RRP £85



KitchenAid Food Processor Attachment RRP £179



Joseph Joseph Index Chopping Board RRP £42



Bakeware | Cookware | Knives
Mixers | Utensils | Accessories

STATION ROAD, STURMINSTER NEWTON, DORSET DT10 1BD

FAMILY RUN BUSINESS
Harts OF STUR
SUPERB CUSTOMER SERVICE

www.hartsofstur.com
FREEPHONE 0800 371355



Unmistakably Mr Fitzpatrick's

Crafted with exceptional care and artisanship and with a unique range of signature flavours to choose from there is something for everyone.
From traditional Dandelion & Burdock to our very special Rhubarb & Rosehip.
Perfect as a soft drink option or as the ultimate cocktail mixer.

F

Tel: 01706 230549 • Email: sales@mrfitzpatricks.com • Tweet: @vintagecordials • Web: www.mrfitzpatricks.com

ROAST OF THE MONTH

The combination of fresh lemon and malty ale in the marinade makes this dish a great alternative to the traditional lamb roast

ZESTY ROAST LAMB & HERBY YOGHURT

Serves: 6
Prepare: 30 minutes
Cook: 3 hours, 30 minutes

2kg leg of lamb, at room temperature
Zest and juice of 2 lemons
1 heaped tbsp dried oregano
½ tbsp fennel seeds
50g salted butter
350ml Badger Firkin Fox Ale, or similar
3 tbsps rapeseed or olive oil
3 large potatoes, peeled and cut into bite size pieces
1 celeriac, peeled and cut into bite size pieces

For the herby yoghurt:
½ cucumber, grated
1 tsp salt
1 heaped tsp dried mint
1 tsp dried oregano
2 tbsps extra virgin olive oil
400g greek yoghurt
1 tbsp lemon juice
Watercress, to serve
Fennel, thinly sliced, to serve
Radishes, to serve

1. Preheat the oven to 220°C/Fan 200°C/Gas 6. Place the lamb in a large roasting tin and rub the lemon juice over the lamb. Grind together the oregano and fennel seeds in a pestle and mortar, then mix with the lemon zest, and a good amount of flaky sea salt and freshly ground black pepper. Sprinkle this over the skin of the lamb and dot with butter.
2. Mix the beer with 350ml water and pour half around the lamb with the olive oil and roast for 30 minutes. Turn the oven down to 180°C/Fan 160°C/Gas 4. Add the potatoes, celeriac and the remaining beer and water. Cover tightly with foil and place back in the oven and cook for 3 hours. Check every hour, turning the vegetables and add a little more water if needed.
3. Meanwhile make the herby yoghurt; mix the cucumber and salt together, place in a sieve and leave for 20 minutes. Mix the mint and oregano with the olive oil and set aside. After 20 minutes, squeeze the excess water out of the cucumber and stir through the yoghurt with the herby oil and lemon juice, and season with black pepper. Serve the lamb shredded with the potatoes and herby yoghurt with watercress, fennel and radishes and let everyone help themselves.





Pig Farming

Jimmy's Farm Diary

Jimmy sheds some light on just how much work goes into looking after the most popular animal at his farm – pigs!

Diversity and variety is certainly a common theme here at Jimmy's Farm. With so many lines of business we find ourselves surrounded by all sorts of different people and trades every day. From a bustling restaurant to a busy farm park – it's not just the plethora of animals that enjoy this crazy place!

However, it is agriculture and more intrinsically pig farming that remains at the core of what we do. With over 500 rare breed, free-range pigs on site, it is the fundamental basis on which we build our business. It's the back-bone of life here on the farm and as you can imagine, a lot of hard work and attention goes into the whole process.

Happy Hogs

All of our pigs are born outside in open pasture, where space and freedom are paramount to daily activity. They root and forage with their strong noses and have space to lounge in their shelters when the wind and rain set in. Equally, they stretch out on sunnier days, enjoying the warmth of a British summer. In turn, they deliver a superior, unstressed meat that has been exercised naturally and built in texture and consistency.

Our farm operations manager Malcolm is the key to it all and readily admits that no one day is the same as another. He arrives at the farm at 6am every morning and checks on all the animals and their enclosures, making sure all the pigs are comfortable and accommodated. Meanwhile, he casts his eyes over fences, troughs and huts making a mental note of any jobs that will require attention that morning. It's then back to the office at 8am to brief the farm hands on their jobs for the day.





Day in the Life

Breakfast time for the pigs arrives sooner rather than later! They get so excited when they hear the sound of the feed truck arriving and readily charge around the paddocks until their food has been deposited.

The huts are then mucked-out, checked and fresh straw bedding is put back in. On hot days it is important for the pigs to have a 'wallow', which is a watery hole in the ground they can use to cool off. They do not have the ability to sweat like other animals and therefore can overheat quickly. Sometimes, the pigs will even get into their own water troughs to cool off. Whilst this may look silly, it is normal behaviour – and who doesn't like to kick back and relax in the bath!

The inevitable part of the business is that some pigs will have been selected for slaughter. This is of course is the hardest part of any farmer's day. However, the knowledge that the lives they have led have been comparably longer and better served than most is good food for thought. People always ask why we eat our rare breeds – and it's an interesting question. However, the answer is pretty simple. It we didn't eat them, we couldn't breed them and therefore varieties of pig would die out forever.



CHOCOLATE HEAVEN

Inspired by the chocolate dishes created for royalty in years gone by, these delectable bakes will definitely satisfy your sweet tooth

"The fiery notes of ginger are the perfect antidote to the richness of the chocolate in this delicious loaf cake"

DARK CHOCOLATE & GINGER LOAF CAKE

Serves: 8-10
Prepare: 15 minutes
Cook: 55 minutes

40g dark chocolate (minimum 60% cocoa solids), broken into pieces
40g crystallised ginger
125g unsalted butter, softened
125g light soft brown sugar
2 medium free range eggs, at room temperature, beaten
100g self-raising flour
45g cocoa powder
2 tsps ground ginger
75ml milk

To decorate:
60g dark chocolate (minimum 60% cocoa solids)
75ml double cream
10g crystallised ginger, chopped

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Line a 450g loaf tin with a paper cake liner.
2. Put the chocolate and crystallised ginger in a small food processor and whizz until finely chopped. Beat the butter and sugar together in a bowl until the mixture is soft and creamy. Gradually beat in the eggs, then fold in the flour, cocoa powder, ground ginger and milk until smooth.
3. Spoon the mixture into the lined loaf tin and bake for around 50 minutes, until a skewer inserted into the centre comes out clean. Lift out of the tin and allow to cool on a wire rack.
4. To decorate, melt the chocolate in a heatproof bowl set over a pan of simmering water, making sure the base of the bowl doesn't touch the water. Stir in the double cream carefully to make a smooth ganache. Spoon the ganache on top of the cake and scatter over the crystallised ginger, then leave to set before serving.

CHOCOLATE AND CARDAMOM CHELSEA BUNS

Royal Fact

Plump, sugary buns have been enjoyed in England since the fifteenth century and many, such as the Chelsea and Bath buns, are named after the place they were first made. Kings George II and III and their families are thought to have visited London's Chelsea Bun House, to snack on a sticky, fruity sweet bread. Here we've replaced the sugary glaze with chocolate and added cardamom for an aromatic twist

Makes: 8
Prepare: 20 minutes, plus proving and rising time
Cook: 35 minutes

25g unsalted butter, plus extra to grease
1 tsp active dried yeast
25g golden caster sugar
175-200ml lukewarm milk
250g strong white bread flour, plus extra for dusting
½ tsp salt

For the filling:
6 dried figs
Juice of 1 orange
1 tbsp brandy
Seeds from 3 cardamom pods, ground with a pinch of salt
50g milk chocolate
10g unsalted butter, melted
Demerara sugar, to sprinkle

1. Grease a round 20cm cake tin and line the base with baking parchment. Put the yeast into a small bowl with 1 teaspoon of the sugar. Stir in 50ml of the warm milk. Set aside for the yeast to activate. Stir the butter into the remaining milk.
2. Sift the flour into a bowl. Stir in the salt and remaining sugar. Make a well in the centre and pour in the yeast mixture, followed by the milk. Mix together with your hands then knead on a board or use a freestanding mixer with a dough hook until the dough feels smooth. Add a light dusting of flour if it is too sticky to knead. Put in a clean bowl, cover and allow to rise for 40 minutes.
3. Meanwhile, prepare the filling. Put the figs in a pan with the orange juice, brandy and cardamom. Place over a medium heat and bring to the boil. Turn off the heat, then cool. Whizz in a blender to finely chop the figs, then add the chocolate and whizz again to combine.
4. Roll out the dough on a lightly floured board to measure 30 x 21cm. Spread the fig mixture all over the dough then roll it up from the bottom. Cut into 8 rounds and arrange them cut-side up in the tin. Cover and leave to prove for 30 minutes.
5. Preheat the oven to 200°C/Fan 180°C/Gas 6 and bake the buns for 30 minutes. Brush the cooked buns with melted butter and sprinkle with sugar. Remove from the tin and cool on a wire rack for 5 minutes before serving.



CHOCOLATE AND ALMOND MERINGUES

ROYAL FACT

There is some debate over the origin of the meringue. While the French, Swiss and the Polish all claim credit for being the first to whisk together egg whites and sugar, the earliest documented recipe appeared in England in 1604. What we do know is that royalty across Europe have delighted in this sugary delicacy for centuries. King George II and his courtiers were enjoying chocolate-flavoured meringues during the 18th century, while Queen Marie Antoinette is said to have made her own at her Trianon estate at Versailles. These elegant miniature meringue sandwiches would surely have satisfied monarchs on both sides of the Channel

Makes: around 40
Prepare: 15 minutes
Cook: 1 hour, 5 minutes

15g chopped whole almonds
2 medium egg whites, at room temperature
100g golden caster sugar
1 tsp cocoa powder

For the filling:
20-30g dark chocolate (minimum 60% cocoa solids)

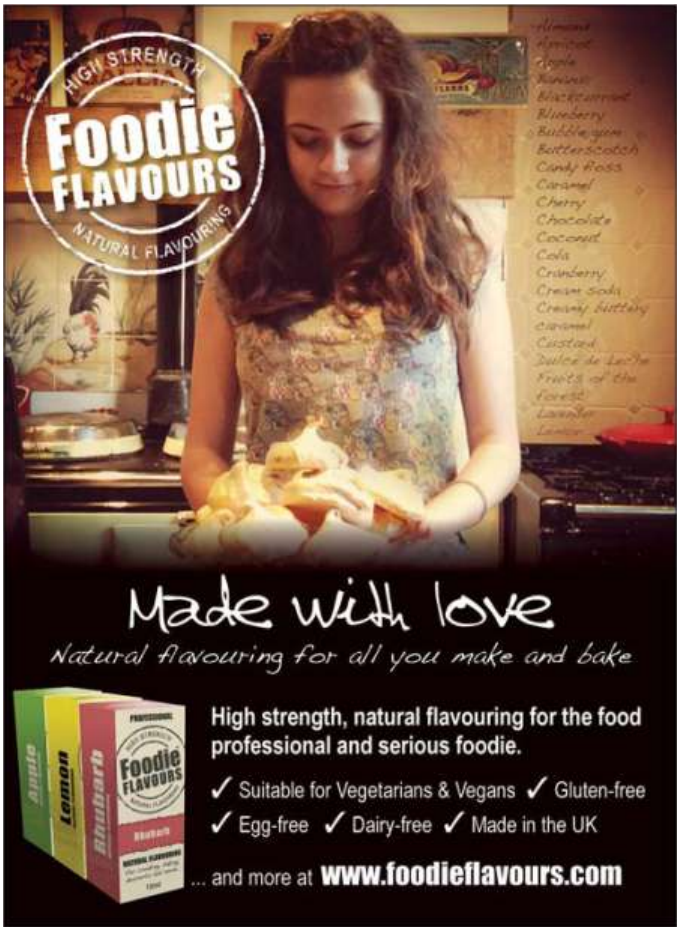
1. Preheat the oven to 110°C/Fan 90°C/Gas ½. Line a flat baking sheet with baking parchment. Pulse the chopped almonds in a blender until finely chopped, taking care not to overwhizz otherwise the nuts will end up oily.
2. Whisk the egg whites in a clean grease-free bowl, just until the mixture stands in soft peaks. Add the sugar, a tablespoon at a time, and whisk in until dissolved. Sift the cocoa powder over the top then add most of the chopped almonds, leaving about a teaspoon to sprinkle over at the end.
3. Fold everything together then spoon into a piping bag fitted with a 1cm nozzle. Pipe rounds on to the parchment, sprinkle with the remaining nuts then bake in the oven for around 1 hour. They're ready when the meringues come away easily from the parchment. Leave in the oven to cool.
4. Melt the chocolate gently on the lowest setting in the microwave. Carefully spread a little chocolate on the base of one meringue, then put another meringue on top. Put aside to set. Continue until you've filled all the meringues, then serve.

Recipes taken from *Chocolate Fit for a Queen* in association with Historic Royal Palaces, with photography from Jan Baldwin (£10, Ebury Press)



WE LOVE...

Mackie's Dark 70% Cocoa bar is a fantastic all rounder for all of your baking needs. Intensely dark with a rich, clean flavour, it has a smooth texture and satisfying long finish. RRP £1.89 for 100g
mackieschocolate.co.uk


HIGH STRENGTH
Foodie
FLAVOURS
NATURAL FLAVOURING
Made with love
Natural flavouring for all you make and bake
Apple
Lemon
Rhubarb
Foodie FLAVOURS
High strength, natural flavouring for the food professional and serious foodie.
✓ Suitable for Vegetarians & Vegans ✓ Gluten-free
✓ Egg-free ✓ Dairy-free ✓ Made in the UK
... and more at www.foodieflavours.com


Summerdown mint
The taste of pure English mint revived for the 21st century
fresh aromatic
Summerdown Pure Mint
english peppermint tea
For more about our award-winning Black Mitcham peppermint chocolates and tea:
visit www.summerdownmint.com


CHAZWINKLE'S
Preserving British fruits and vegetables for use in, on or with everyday cooking.
Roast Partridge with Chazwinkle's Rhubarb
CHAZWINKLE'S
Rhubarb
In partnership with
The Wild Meat Company
Visit chazwinkles.co.uk for game recipes, or buy online from wildmeat.co.uk
@chazwinkles
#useinonorwith


ENGLAND'S FINEST
Est 19th C
WALKER'S
NONSUCH
Lovely
TOFFEE
Made with whole milk and butter
Nutty Brazil TOFFEE SLAB
Creamy TOFFEE SLAB
Perfect for sharing!
400g @ 14.1oz
TRADITIONAL
UNIQUE GIFT RANGE
WALKERS NONSUCH TOFFEE
MADE USING SUSTAINABLE PALM OIL
GLUTEN FREE
just good ingredients
Stockists include Amazon and BHS or see our website for your local store
www.walkers-nonsuch.co.uk
BRC


Yorkshire's ORIGINAL
How good is yor Rapeseed oil
Yorkshire's Original Extra Virgin Cold Pressed Rapeseed Oil, grown, pressed and bottled in the heart of the Wharfe Valley.
Lowest saturated fat content of any oil
Contains 10 times more Omega 3 than olive oil
Excellent for roasting and stir frying. Ideal for dips dressings, marinades
All harvested without the use of chemicals
Yorkshire's ORIGINAL
yors
Extra virgin Cold pressed Rapeseed oil
Natural source of Omega 3
STOP PRESS!
Now available in even more Tesco stores nationwide
Our Spicy Red Chilli oil and our Oak Smoked Oil to add that little extra to your dish.
01937 572084
www.yorkshiresoriginal.co.uk
email: info@wharfevalleyfarms.co.uk


EVERYDAY INDULGENCE
70% Cocoa
made with Scottish Mint
a distinctive touch of Scottish malt
home-made honeycomb pieces
MACKIE'S of Scotland
Chocolate
Dark 70%
Mint
Honeycomb
Mackie's Chocolate is made in Scotland from the very finest ingredients to give a unique taste sensation.
We're social
Available in selected Scottish Tesco & Sainsbury's stores
Also now available online at www.mackieschocolate.co.uk

Ted Baker Stag Hip Flask £27.50, cotswaldtrading.co.uk



Whitby Seafoods Hot & Spicy Prawns £2.50, Tesco



Murlaa Yellow Grey Leaves Mug
£11, eclectdesign.com





Winter Cabin Cooking, £19.99, by Lizzie Kamenetsky, Photography by Nassima Rothacker

Copper Lantern
£33, idyllhome.co.uk



Walkers Nonsuch Treacle Toffee
£1, Booths



Remember, Remember

Draw attention away from the fireworks this Bonfire Night with these eye-catching treats

Square Pie Steak & Ale Canapies
£2.99, Ocado



Gun Powder Green Loose Leaf Tea Caddy
£12, whittard.co.uk



Recycled Pure Wool Blanket
£15.95, decoratorsnotebook.co.uk





Make & Share

Homemade preserves are the ultimate foodie gift; these delicious recipes are easy to cook ahead and make brilliant last minute presents for anyone you might have missed from your Christmas list!

"The resurgence of the decent sausage is one of the great stories of the last 20 years and this mustard makes a perfect partner. A really tremendous allrounder, it provides a gentle heat and a real front of the mouth 'punch' and is as good stirred into a recipe as it is on the side of the plate"

WHOLEGRAIN MUSTARD

Makes: 3–5 small jars
Prepare: 10 minutes, plus 3 days resting time

100g yellow mustard seeds
140g brown mustard seeds
½ tsp black peppercorns
3 allspice berries
1g (approximately 6) dried bird's-eye chillies or 1 tsp dried crushed chillies
350ml cider vinegar
10g sea salt

1. Grind the mustard seeds and spices until a coarse grind is achieved.
2. Mix together the vinegar, 230ml water and salt and stir to dissolve the salt. Add this liquid to the grind. Give it a good stir – it will look thin and very liquid at this point. Cover and leave to stand overnight.
3. The next day, give the mixture a further stir; it should be thickening up nicely. Cover and leave overnight again. Repeat this process twice more, until the mustard has thickened up. Spoon into sterilised jars and seal immediately.
5. After the third day it should be thick and ready to put into sterilised jars. Don't be tempted to rush it; freshly made mustard is very raw and not very tasty.

CHRISTMAS CHUTNEY

Makes: 4–6 jars
Prepare: 10 minutes
Cook: 50 minutes

300g fresh cranberries (if you can't find fresh, frozen will do)
350ml cider vinegar
350g onions, peeled and diced
750g Bramley apples, peeled, cored and chopped into 1cm chunks
80g currants
400g raw cane sugar
250g muscovado sugar
35g sea salt
20g garlic cloves, peeled and crushed
1 small fresh red chilli, deseeded and finely chopped
½ tsp ground ginger
½ tsp ground nutmeg
½ tsp ground cinnamon
½ tsp ground allspice

1. Put the cranberries into a food processor and give them a quick blitz – or use a stick blender. The aim is to just chop them, not blitz them to a pulp. Set aside while you put the vinegar and onions in a large, heavy-bottomed preserving pan, bring to the boil, lower the heat and simmer for 5 minutes.
2. When the onions are soft add the apples and the cranberries and bring back to the boil for a further 5 minutes, stirring occasionally until the apples start to relax.
3. Add the currants and mix in, then add the sugars, salt, garlic, chilli and spices, stirring continuously until the sugars have completely dissolved.
4. Boil for 30–40 minutes, or until the desired consistency has been reached, stirring regularly to stop the chutney catching on the base of the pan. Test by running a spoon along the bottom of the pan – if the channel you make doesn't fill immediately, the chutney is ready.
5. Remove the pan from the heat, pour the chutney into sterilised jars and seal immediately. Store for two months before using.



"This fruity brown sauce started life as 'Cab-shelter Sauce' and was favoured by London's Hansom cab drivers to have with their meat, chops or eggs. Rich, dark brown and deliciously tangy, its popularity hasn't faltered to this day"



BROWN SAUCE

Makes: 2–4 bottles
Prepare: 10 minutes
Cook: 45 minutes

300ml cider vinegar
180ml soy sauce
1 small) onion, peeled and chopped
8 garlic cloves, peeled
2 tbsps dried seedless dates, chopped
1 large fresh red chilli, deseeded and diced
½ fresh green chilli, deseeded and diced
1 tbsp tamarind paste
1 tsp sea salt
330g raw cane sugar
600g tomato purée
2 tsp lemon juice

1. Gently heat the vinegar and soy sauce in a large, heavy-bottomed saucepan over a medium heat. Put the onion, garlic and dates into a food processor and whizz to form a paste, then add this to the pan and stir. Bring to the boil, lower the heat and simmer for 5 minutes.
2. Add the chillies, tamarind paste and salt to the pan and mix well. Bring to the boil and slowly add the sugar, stirring well to make sure it has completely dissolved.
3. Add the tomato purée and lemon juice, and bring back to the boil for 20–30 minutes, or until the desired consistency is reached. Pour into sterilised bottles and seal immediately.



PUMPKIN & ORANGE CHUTNEY

Makes: 4-6 jars
Prepare: 10 minutes, plus storing time
Cook: 35 minutes

1kg pumpkin, peeled and chopped into 1cm cubes
300g Bramley apples, peeled, cored and chopped
300g onions, peeled and diced
600ml cider vinegar
400g raw cane sugar
30g sultanas
10g grated orange zest
50g fresh red chillies, deseeded and finely chopped
5g fresh root ginger, peeled and very finely diced
10g sea salt

1. Put the pumpkin, apples, onions and vinegar into a large, heavy-bottomed preserving pan. Heat on a medium heat for 10 minutes until soft.
2. Bring the mixture to the boil. Add the sugar, sultanas, orange zest, chillies, ginger and salt. Stir well to ensure all the sugar is dissolved and the other ingredients are evenly distributed.
3. Boil for about 20 minutes, stirring frequently to make sure the chutney doesn't catch on the base of the pan, until the correct consistency is achieved. Test by running a spoon along the bottom of the pan – if the channel you make doesn't fill immediately, the chutney is ready.
4. Remove the pan from the heat and spoon the chutney into sterilised jars. Seal immediately and store for two months before using.

Recipes Taken from Tracklements: Savoury Preserves by Guy Tullberg & Becky Vale, with photography by Dan Jones (£16.99, Pavilion)



SHOPPING LIST



If you don't have time to make your own condiments, Uncle Roy's amazing Sour & Sweet Citrus Sauce is a brilliant all-rounder. Pineapple, orange, lemon and lime combine to create this lovely accompaniment to pork, duck, chicken or turkey. £2.95, uncleroys.co.uk

delamere
DAIRY
COMPLETE YOUR CHEESEBOARD


WITH DELAMERE DAIRY GOATS' CHEESE
There's a goats' cheese to suit everyone in our award winning range - from our mild and creamy spreadable goats'cheese, to our versatile goats'cheese logs, to our 'cheddar style' medium goats cheese.
www.delameredairy.co.uk

BRISTOL T&G SINCE 1975
Perfect Gift Crates
FROM T&G


CELEBRATING 40 YEARS
T&G Woodware Ltd
Old Mill Road, Portishead, Bristol, ENGLAND BS20 7BX
T: +44 (0)1275 841 841 W: www.tg-woodware.com



Great tasting British Stilton made the traditional way

Our unique family heritage, traditional craftsmanship and passion for great cheese, help make Cropwell Bishop Stilton so tasty.

Contact us to find out more about our range of delicious cheese

telephone: +44 (0)115 989 2350
www.cropwellbishopstilton.com

follow us on Twitter
@YummyStilton



THE Ultimate Guide to



CHEESE

Learn how to put together the perfect cheeseboard, know your semi-softs from your washed rinds and discover which chutneys should be dolloped next to which cheeses

Welcome...



If there's one type of food that really highlights how inventive, passionate and experimental UK producers can be, it's cheese. In the past 15 years we've gone from eating bland Cheddar, the odd bit of Red Leicester and Stilton at Christmas to having our pick of nearly 1,000 different varieties, all made on British soil. We're now widely regarded as making the best cheeses in the world, beating dairy heavyweights like France at their own game!

There's nothing better than finishing off a dinner party by bringing a board of three or four cheeses to the table, complete with chutney, crackers and something alcoholic to help wash it down. But with all these new exciting varieties on offer, it can be hard to know where to begin. I've got two solutions for you – one, read our guide, which covers all the basics and gives you the knowledge needed to taste, serve and select the right cheeses, as well as some of our personal favourites and recipes for using cheese in your cooking. Two, talk to your cheesemonger – these are people who live and breathe Brie, Stilton and Cheddar, and will happily give you a taste of everything they recommend, so you know you'll be buying something you love. You'll be well on your way to cheeseboard perfection in no time!

Tom Shingler,
DEPUTY EDITOR

Contents

102 Say Cheese
Everything you need to know about serving a champion cheeseboard

106 Cream of the Crop
Learn more about two of Britain's best cheesemakers

108 Cheese Please!
Delicious ways to use cheese in your cooking

112 Across the Board
Our favourite cheeses and some beautiful kit to help you serve it in style

Say Cheese

Top tips for a champion cheeseboard

Different Cheeses: A Guide

A brief description of the different styles of cow, sheep and goat milk cheeses available

Fresh

Examples: Cream Cheese, Feta, Mozzarella
These are very young cheeses which are usually less than two weeks old. They're generally bright white and have a tangy, fresh flavour.

Soft

Examples: Camembert, Brie, Capricorn Goat
The most famous example of a soft cheese is French Brie, but the UK now produces hundreds of soft cheeses that are as good (if not better) than those from the continent.

Semi-soft

Examples: Caerphilly, Edam, Waterloo
All sorts of cheeses fall into this category – they can be springy and chewy or just a little firmer than Brie.

Washed-rind

Examples: Stinking Bishop, Golden Cenarth
Cheeses which have been bathed in brine, ale or other liquids while maturing. This often results in a beautiful, mild, runny centre, but a brightly coloured and very pungent rind.

Hard

Examples: Cheddar, Wensleydale, Parmesan
Probably the most popular variety of cheese in the UK – nearly all the traditional British cheeses are hard.

Blue

Examples: Stilton, Roquefort, Blue Vinney
Steel rods are used to pierce the cheese and allow mold to be carefully added to the cheese, resulting in the blue colouring and all sorts of wonderful complex flavours.

Flavour-added

Examples: Wensleydale with Cranberry, Cornish Yarg, Smoked Cheddar
Any cheese which has had another ingredient added to it falls into this category. Hard cheeses take on flavours better than others, but you can also get things like truffle-infused Brie or cream cheese with chives.

How to Create the Perfect Cheeseboard

There simply isn't a better way to finish off a big meal than with a chunk of tasty cheese. Award-winning cheesemonger Andy Swinscoe of The Courtyard Dairy offers his expert advice on what to serve

BALANCE THE BOARD

Go for a balance of styles, types and textures. Usually three to five cheeses make a nice selection. It is common to include a soft (Brie or Camembert-style), a hard cheese (typically Cheddar) and, of course, a blue. You can offer a range of strengths and flavours within these styles. To add a bit of variation why not then add in some intersecting other styles of cheese – like a washed rind (think Stinking Bishop), and a sheep or goat milk cheese.

TRY SOMETHING DIFFERENT

Tired of boring blocks of Cheddar and the same old Stilton? Britain now produces hundreds of different cheeses – why not surprise your guests with one of these brilliant new alternatives. It'll give your guests something to talk about. A good cheesemonger will give you a taste first so you can be sure you'll be getting something you'd like. A great replacement for Cheddar, for example, is Old Winchester, a strong-crystalline 20-month old Gouda/Cheddar cross from Wiltshire.

DON'T SERVE INDIVIDUALLY WAXED/POTTED CHEESES.

They have their place, but aren't a patch on the real thing. They'll also cost you much more than a delicious wedge cut fresh from a traditional large wheel.

DON'T FORGET THE CRUMBLY

OK, it may be a Northern thing, but there's nothing better than a fresh piece of Lancashire or Wensleydale when you come to serve the Christmas cake – they really do go together perfectly!

ON ANDY'S BOARD THIS CHRISTMAS:

AMALTHEA

A delectable light, fresh goat's milk cheese from Worcestershire.

BARON BIGOD BRIE

An unpasteurised British Brie that rivals the best France can offer: mushroomy and rich.

WINSLADE

Britain's answer to Vacehrin Mont d' Or, a recent invention based on the French classic.

SUMMER FIELD

Made in an Alpine style (like Gruyere and Comte) but on the North Yorkshire Moors – 15 months old, with butterscotch and nutty notes.

LANARK BLUE

Spicy and rich, this is a blue with bite! Made just outside Edinburgh.





What Chutney?



There are countless jars of chutney in all sorts of flavours in delis across the UK – find out which ones go best with different cheeses.

- Cheddar or any other hard, strongly flavoured cheese will pair well with pretty much any chutney – it's able to stand up to even the strongest preserves. Tomato-based, heavily spiced or onion-rich varieties work best.
- Blues match well with apple, fig or other fruity chutneys, which contrast with the cheese's salty mineral flavour.
- Goat's cheese can be easily overpowered by chutney. Try a drizzle of honey to highlight the milk's natural sweetness instead.
- Light fruit pastes work well with soft or washed-rind cheeses, but don't overdo it – just a little blob is all you need per piece, or you'll lose out on the complexity of the cheese.
- Crumbly cheeses such as Wensleydale, Cheshire or Lancashire can be matched with chutney, but you really can't beat a slice of apple or a wedge of fruitcake served alongside.

DIY DAIRY

Want to make your own cheese? High Weald Dairy's course is suitable for all those interested in learning and gaining hands on experience on how cheese is made. You'll leave knowing how to make a soft fresh cheese, a hard Cheddar-style cheese and a semi-soft cheese. Working in teams of two, everyone will be able to take their two or three cheeses home to eat or mature further, and you only need basic home utensils to make more! highwealddairy.co.uk



GOING CRACKERS

Some biscuits tend to go with everything, but you can even tailor different crackers to the cheeses on your board. Black charcoal crackers, apart from looking fantastic, are great for soft, creamy cheeses. Oatcakes go perfectly with blue cheese, while particularly crunchy or flavoured crackers are best paired with Cheddars. You can get fig or other fruit-flavoured biscuits, which work well with sheep or goat milk cheeses, while herb-infused crackers are good with semi-soft or washed-rind varieties. So next time you're putting together a cheeseboard, keep the water biscuits in the cupboard and try something new!





How to Taste Cheese

Want to pick up on all those complex flavours like the experts? There are things you can do to get the most out of your cheeseboard



- Make sure you get your cheese to room temperature before serving it – this is probably the most important thing you can do!
- Smell your cheese – after all, it's your nose that picks up most of a food's flavours! Break open a piece and smell it, as cheese that hasn't been exposed to the air will be the most pungent.
- Have a basic repertoire of 'cheese tasting' words – grassy, lactic, nutty, earthy and farmy cover most bases. From there you can try and pinpoint certain flavours with more descriptive words.
- When you take your first bite of cheese, breathe out through the nose while chewing and swallowing. This should enhance the different flavours and aromas. Cheese continues to develop long after you've swallowed it, so pay attention to what you can taste!



Yorkshire's Finest

Caroline Bell, joint MD at **Shepherd's Purse**, tells us how the family business has cemented itself as one of Britain's best cheesemakers

Nowadays, we're well aware of food intolerances – more and more people are taking up gluten and dairy-free diets. But in the 1980s, it was much less common. That's why Judy Bell, a farmer's wife who wanted to make cheese for those with cow's milk allergies, was such a pioneer in the cheesemaking world.

"Judy discovered that ewe's milk was a delicious alternative for cow's milk allergy sufferers, so she set about researching different breeds of sheep and experimenting with a variety of traditional methods of cheesemaking," says Caroline, Judy's daughter. "She even purchased her own flock of milking sheep to ensure a quality supply of ewe's milk."

After another year of hard work running the family farm, bringing up a young family and late nights spent experimenting and perfecting recipes, Judy was ready, and nervously launched Shepherds Purse Cheeses at the Great Yorkshire Show in 1989. The first cheeses were Olde York and Yorkshire Feta (now called Yorkshire Fettle) and a ewe's milk Wensleydale. Any doubts were soon swept aside, when Shepherds Purse won a gold medal for Olde York at the Nantwich International Cheese Show that same year.

As the artisan cheese company grew, the team expanded their range, adding new innovative cheeses using cow and buffalo milk. "In 1995, Judy brought back blue cheesemaking to Yorkshire after an absence of 30 years, producing the now famous Yorkshire Blue with my brother Justin," says Caroline. "Mrs Bell's Blue (a ewe's milk cheese) was developed at the same time and in 1997 it won Reserve Supreme Champion at Nantwich."

In 2012, Judy handed over the reins to her daughters Katie and Caroline. They launched Harrogate Blue in the summer and today, the company makes a range of cheeses found in shops across the country.

"I love making cheese in North Yorkshire – it's our home," says Caroline. "We're connected to the land, the culture, the farmers and the community. We're always developing and experimenting, so whilst there aren't any imminent plans for a new launch, I'm sure it won't be too long!" **shepherdspurse.co.uk**





Top Truckles

John Newton Jones, MD of **Snowdonia Cheese**, sheds some light on how a range of small, brightly coloured truckles from North Wales became one of the most iconic cheeses of the UK





If you've been to a food festival, farmer's market, deli or farm shop recently, you're almost guaranteed to have seen a pile of wax-covered truckles for sale at a cheese counter or stall. These Cheddars have taken the artisan food world by storm, winning both accolades and the hearts of cheese obsessives over the past 14 years, ever since the Snowdonia Cheese Co was founded in 2001.

"We always work incredibly hard to not only create the perfect cheese, but also maintain the unique characteristics that make it recognisable as one of ours," says managing director John Newton Jones. "Some 14 years ago we brought a cheese to market that redefined the image of Cheddar, and met with some resistance. But when we were voted Best British Cheese Brand by the Fine Food Digest in January, we were thrilled."

The company's first – and most celebrated – cheese is Black Bomber, an extra mature Cheddar with a soft, melt-in-the-mouth texture, covered in black wax. It was this cheese that led to Snowdonia's range of flavoured Cheddars, including Green Thunder (speckled with garlic and herbs); Amber Mist (infused with whisky) and Pickle Power (studded with pieces of pickled onion). The company's latest addition to the range, a vintage Red Leicester aged for 18 months called Red Storm, has already made a name for itself, winning bronze at the Bakewell Show. "We're extremely proud of Red Storm and expect it to become as iconic as the Black Bomber and Green Thunder," says John. Looking at how quickly Snowdonia's other cheeses have gained popularity, we couldn't agree more!

snowdoniacheese.co.uk

Cheese Please!

If you've got a lump of cheese in the fridge you're never far away from a delicious meal. These recipes put the flavour of this wonderful ingredient at centre stage



PEAR, WALNUT & BLUE CHEESE SALAD

Serves: 4
Prepare: 5 minutes

For the dressing:
2 tsps runny honey
4 tbsps rapeseed oil
1 tsp white wine vinegar

For the salad:
2 ripe, firm pears
300g rocket leaves
100g blue cheese, crumbled
50g walnut halves

1. Combine the dressing ingredients together in a bowl. Core the pears and slice thinly, leaving the skin on. Combine the pears and remaining salad ingredients, pour over the dressing and serve.



CHEDDAR & POTATO SOUP WITH BACON

Serves: 4
Prepare: 15 minutes
Cook: 1 hour, 20 minutes

2 medium floury potatoes, scrubbed
¼ small onion, peeled and sliced
1 tsp oil
480ml skimmed milk
40g cheddar cheese, grated
½ tsp dried dill
½ tsp dried rosemary
½ tsp salt
55g bacon, chopped into small pieces
A few sprigs fresh dill

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Bake the potato for 1 hour until soft.
2. Fry the onion in the oil until soft but not brown. Roughly chop one of the baked potatoes and place in a food processor with the milk, cheese, onion, dill, rosemary and salt; blend until smooth.
3. Pour the soup into a pan, cook on a medium heat for 5 minutes then season with black pepper. Meanwhile, fry the bacon pieces until crispy.
4. Roughly chop the remaining baked potato. Divide the soup into four bowls and top with potato, bacon and sprigs of dill.

Recipe courtesy of lakeland.co.uk/recipes

CHORIZO MAC & CHEESE

Serves: 4
Prepare: 10 minutes
Cook: 50 minutes

300g macaroni pasta
150g chorizo, cut into chunks
800ml Yeo Valley Whole Milk, or similar
1 garlic clove, whole but slightly squashed
2 shallots, peeled
Bay leaf
60g Yeo Valley Butter, or similar
60g plain flour
150g Cheddar cheese
Black pepper

1. Cook the pasta according to the pack instructions and drain. Heat a frying pan and cook the chorizo until it's crisp. Remove from the pan with a slotted spoon onto kitchen roll to drain.
2. Heat the oven to 200°C/Fan 180°C Fan/ Gas 5. Pour the milk into a pan with the garlic, shallots and bay. Warm gently but don't boil.
3. While the milk warms, melt the butter in another saucepan. Add the flour to the pan and stir continuously with a wooden spoon to make a thick, smooth roux.
4. When the milk is hot but not boiling, strain it, then slowly add it to the roux, whisking until it comes to the boil and thickens. Bubble for 2 minutes then add half the Cheddar cheese and black pepper.
5. Mix together the sauce, pasta and chorizo and tip into an oven dish. Sprinkle the remaining Cheddar cheese over the top and cook for 25 minutes until golden.

VEGGIE MOUSSAKA

Serves: 6
Prepare: 20 minutes
Cook: 1 hour, 30 minutes

1 ½ tbsps rapeseed oil
1 large onion, peeled and chopped
2 garlic cloves, peeled and crushed
1 carrot, finely diced
2 x 400g tins green lentils, drained
200ml vegetable stock
400g chopped tomatoes
1 tbsp tomato purée
2 tsps ground cinnamon
Small bunch of oregano, chopped
1 bay leaf
1 tbsp lemon juice
2 aubergines, sliced
300ml 0% Fat Natural Yeogurt, or similar
1 egg
50g hard British Parmesan-style cheese, grated

1. Heat the oven to 180°C/Fan 160°/ Gas 4. In a large pan with a lid, heat 2 teaspoons of the oil and gently fry the onions for 3-4 minutes, until soft. Add the garlic and cook for a further minute. Add the carrot, lentils, stock, tomatoes and tomato purée, cinnamon and oregano and stir well. Drop in the bay leaf and season to taste
2. Bring to the boil, then turn down the heat and simmer with the lid on for 30 minutes. Remove the lid and simmer for 10 minutes more until the lentils and carrots are tender and the juices have reduced to make a thick sauce.
3. While the lentils are cooking, mix together the remaining oil and the





WE LOVE

This punchy rare breed chorizo from Three Little Pigs is made in Yorkshire and works brilliantly in this Mac & Cheese recipe. £6.99 from Ocado threelittlepigschorizo.co.uk

lemon juice and brush a thin layer onto the aubergine slices. Heat the grill and brown the aubergine slices on both sides.

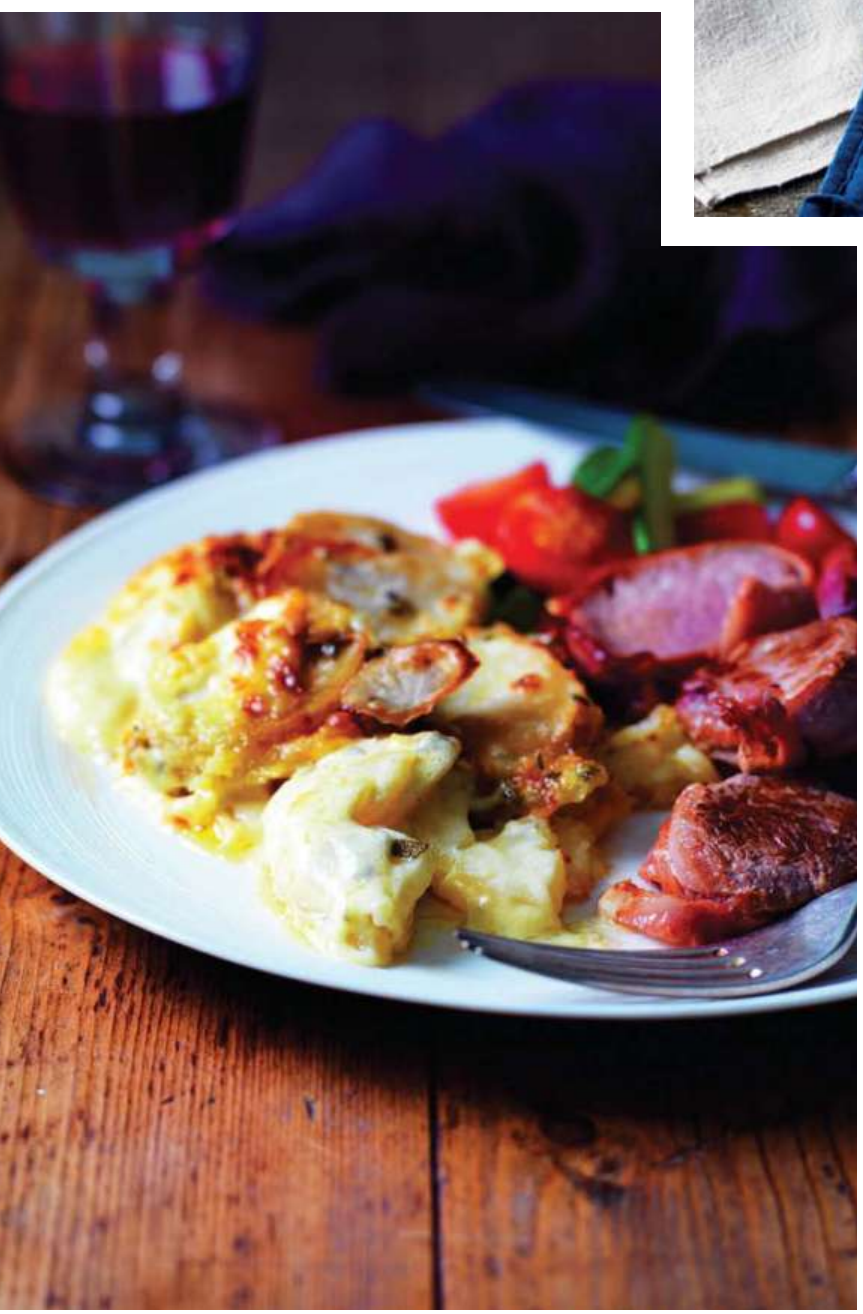
4. In a separate bowl, mix the yoghurt, egg and half the cheese together. Remove the bay leaf from the lentils and spread half of the lentil mixture into a large lasagne dish. Top with a layer of aubergine. Repeat, finishing with an aubergine layer. Pour the yoghurt mixture over the top and sprinkle with the remaining cheese. Bake for 45 minutes until the top is golden brown.

Last two recipes courtesy of yeovalley.co.uk



PORK MEDALLIONS WITH STILTON DAUPHINOISE

Serves: 4
Prepare: 25 minutes
Cook: 1 hour 10 minutes



For the dauphinoise potatoes:
1kg baking potatoes, such as Maris Piper, Russet or Desiree, peeled
15g butter
3-4 garlic cloves, peeled and crushed
500ml double cream
150g Stilton cheese, crumbled
Salt and freshly ground black pepper

For the pork:
500g pork tenderloin
6 fresh sage leaves or 2 tsps dried sage
6 rashers smoked back bacon
1 tbsp rapeseed oil
100ml red wine
100ml chicken stock

1. Preheat the oven to 160°C/Fan 140°C/Gas 2. Grease a large gratin dish with the butter. Thinly slice the potatoes, putting them into a bowl of cold water as you cut them to prevent browning.
2. Drain the water from the potatoes, then add the garlic, cream and crumbled Stilton. Season with salt and pepper and mix until combined. Place the potato mixture into the gratin dish and press the potato slices down. Transfer to the oven to bake for 1 hour and 10 minutes until golden brown.
3. Meanwhile, prepare the pork by cutting it into 4 even-sized pieces. Season and place a sage leaf on top of each one, or roll the pork in dried sage. Wrap each medallion in a rasher of bacon.
4. Heat the oil in a flame-proof casserole dish over a medium heat and fry the pork for 4-5 minutes, turning often, until browned on all sides. Add the wine and let it bubble up for a few moments, then add the stock. Cover and transfer to the oven, so that it cooks below the potatoes for 45 minutes. Serve the pork with the dauphinoise and fresh vegetables.

Recipe courtesy of tuxfordandtebbutt.co.uk

three little pigs

Nowt else will do

Chorizo and Salami Perfection

Award winning charcuterie producer from Yorkshire

Available in Ocado
www.threelittlepigschorizo.co.uk

Exquisitely flavoursome cheese, handmade and aged to perfection.

BEST CHEDDAR
British Cheese Awards 2014

HOME FARM, NEWTON ST CYRES
DEVON, EX5 5AY · 01392 851222
www.quickes.co.uk

QUICKE'S
DEVON
ENGLAND

High Weald Dairy

www.highwealddairy.co.uk

High Weald Dairy
Tremains Farm
Horsted Keynes
Haywards Heath
RH17 7EA

Tel: **01825 791636**

Award winning cheeses, all made on Tremains Farm, in the heart of Sussex. Available from the Dairy and many outlets throughout Sussex. Would you like to make cheese at home? Cheese making courses run on a regular basis, also make an ideal gift for the lover of cheese!
Please see Website for more information.

Across the Board

Our favourite cheeses and the best kit for serving them



1 Applewood Smoked Cheese, **£1.85 from Tesco**

2 Delamere Medium Goat's Cheese, **£2.49, Asda**

3 Snowdonia Red Storm, **£4.50 for a 200g truckle from snowdoniacheese.co.uk**

4 Brinkworth Blue, **£3.50 for 175g from farmdrop.co.uk**

5 Dewlay Garstang Blue, **£18–£19 per kg from Sainsbury's**

6 Hampshire Cheeses Winslade, **£7.25 for 280g from farmdrop.co.uk**

7 Two Tier Slate Stand, **£34.99 from Lakeland**

8 Peter's Yard Artisan Crispbreads, **£5.50 from petersyard.com**

9 Shepherd's Purse Harrogate Blue, **£7 for 350g from shepherdspurse.co.uk**

10 Slate Markers, **3 for £12 from paxtonandwhitfield.co.uk**

11 Dewlay Crumbly Lancashire, **£2.55 from Waitrose**

12 Laguiole Cheese Knife Set, **£25 from Ocado**

13 Artesa Cheese Wedge Cloche, **£33.99 from silvermushroom.com**

14 Cropwell Bishop Stilton, **£10 for 600g from cropwellbishopstilton.com**

15 Great British Porcelain Cheese Platter, **£21.23 from Ocado**





Pay just £9.00 for 3 issues !

COMING NEXT MONTH...

Out 6th November

- **WIN! a Christmas hamper worth £1000**
- **SUGAR AND SPICE James Martin's show-stopping bakes**
- **ALL THE TRIMMINGS 15 side dishes everyone will love**
- **55+ AMAZING FESTIVE RECIPES**



5 GREAT REASONS TO SUBSCRIBE

TWO DOUBLE ISSUES every year

SPREAD THE COST with a direct debit

FREE DELIVERY direct to your door

OVER 50 RECIPE ideas every issue

GREAT FREE* GIFTS when you subscribe



Perfect gift idea?

Treat yourself or a friend in time for Christmas.

SUBSCRIBE TODAY!

SUBSCRIPTION

FREE* ProCook®

COLOURPRO 5 PIECE KNIFE SET!

WORTH £38



The ProCook Colourpro knives feature steel blades and integrated soft-grip handles making the knives extremely comfortable to use even for prolonged periods of time. This 5 piece bright knife set is a colourful combination and will strike a note in any kitchen.

Visit our shop for more: www.procook.co.uk

2 WAYS TO SUBSCRIBE...

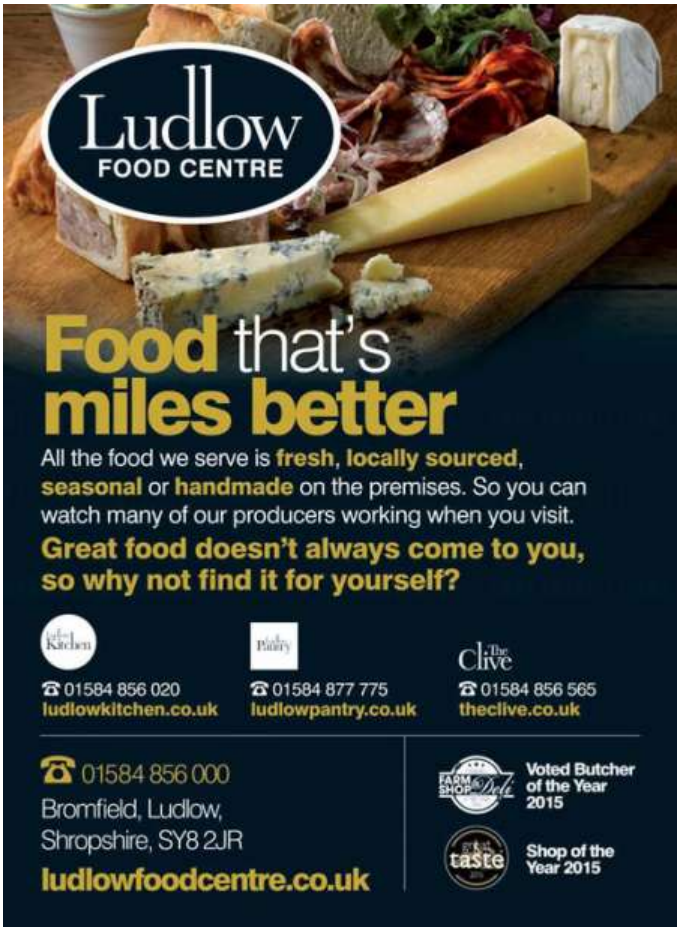
www.greatbritishfoodmagazine.com/subscribe

Call: 01795 418672 Quote GBF1115

Lines open Monday – Friday 8am-8p m, Saturday 9am-1pm

* Terms & Conditions apply, refer online.


CRESSING
AUTUMN FOOD
HOME & LIFESTLYE FAIR
with TV's Matt Tebbutt
Cressing Temple Barns
nr Witham, Essex CM77 8PD
a seriously appetizing opportunity to enjoy
some of the finest foods, wines, beverages crafts and designs
from across our region and beyond with a full programme
of cookery demonstrations and tastings with Masterchef
Ondine Hartgroves as well as TV Chef Matt Tebbutt
Saturday 10 &
Sunday 11 October
between 10am - 4pm each day
admission: £5 concession: £4 accompanied under sixteens FREE
pre-booked admission discounts at oakleighfairs.co.uk/cressingautumn
tastefull days out
supported by our chums at
Braintree & Witham
TIMES
oakleighfairs.co.uk
01206 263088
OAKLEIGH


Ludlow
FOOD CENTRE
Food that's
miles better
All the food we serve is fresh, locally sourced,
seasonal or handmade on the premises. So you can
watch many of our producers working when you visit.
Great food doesn't always come to you,
so why not find it for yourself?
01584 856 020
ludlowkitchen.co.uk
01584 877 775
ludlowpantry.co.uk
The Clive
01584 856 565
theclive.co.uk
01584 856 000
Bromfield, Ludlow,
Shropshire, SY8 2JR
ludlowfoodcentre.co.uk
Voted Butcher
of the Year
2015
Shop of the
Year 2015


Ipswich Christmas
Craft & Food Fair
at Suffolk Showground
Saturday
31 October
Sunday 1
November
What a fantastic way to start the festive season with this great chance
to get ahead of yourself and stock up early with some cracking
Christmas and other seasonal gifts. Now in its 4th year we have a
wonderful range of arts, crafts, gifts, food and drink. We look forward to
welcoming you to the Cattle Barns at the Suffolk Showground and
you'll even get to meet some spooky bugs and other animals on
Saturday and two of our very own beautiful reindeer on Sunday - so
you cannot fault us for marking the calendar
and looking forward to welcoming you to the Showground!
between: 10am - 4pm each day
Trinity Park
Ipswich
IP3 8UH
Admission: £4
concessions £3
accompanied child 16 and younger FREE
pre-booked admission discounts at: oakleighfairs.co.uk/ipswich
supported by our chums at the
EAST ANGLIAN
DAILY TIMES
oakleighfairs.co.uk
01206 263088
OAKLEIGH


A Piece of Cake
SPECIALIST CAKE
DECORATING SUPPLIERS
18 UPPER HIGH
STREET, THAME,
OXON OX9 3EX
01844 213428
sales@sugaricing.com
www.sugaricing.com
Pick up the phone and call us or visit our
website to see the vast range of equipment
we can supply, including ;-
Our own, world famous,
ready made Flower Paste,
Cake Lace Mixes, Mats and Moulds,
The full range of TinkerTech Cutters,
The Alan Dunn designed range of
cutters from Framar.
Great Impression and Marcel Veldbloem
Veiners, Dust and Paste colourings
and so much more ……
Jenny, Norma and their knowledgeable staff
are always ready to help.











SPOTLIGHT ON... Ludlow Food Centre

In less than a decade the **Ludlow Food Centre** has firmly established itself as one of the UK's leading destinations for food lovers. Find out what goes on behind the scenes to make this culinary destination such a unique experience

As a food producer and retailer, Ludlow Food Centre set out with a mission to epitomise fresh, local, seasonal and handmade food and it's a path it has never veered from. This overarching vision is backed up by some impressive statistics; over 80% of the food and drink on sale in the south Shropshire food hall comes directly from the Earl of Plymouth's Oakly Park Estate (on which the Food Centre is located) or is carefully sourced from trusted suppliers within the surrounding rural counties, who all share the same steadfast principles.

Anyone visiting the farm shop can glean a true insight into the intricacies of food production through eight glass-fronted kitchens which surround the food hall. Visitors get to see the food being made and can witness first-hand the skills needed to produce artisan food. It's also the perfect opportunity to interact with the artisan makers and share their expert knowledge.

Since opening in 2007, Ludlow Food Centre has continued to evolve. It was initially established to support the Earl of Plymouth Estate's farming operation by selling its produce, but over the past eight years the business has diversified. It now includes two cafés, a 15 bedroom hotel and restaurant, as well as the Food Centre itself.

The on site café, Ludlow Kitchen, seats up to 160 people in a relaxed, informal, family friendly environment and serves freshly made food which is almost entirely of the Food Centre's own produce. A shining example of this is the sensational Estate Plate which proudly delivers 'the complete taste of the Ludlow Food Centre'. Everything on the wooden serving board – the pork pie, cured meats, cheese, deli salad, green salad, bread and chutney – is made on site.

"Everyone shares a passion for what we do and for what the Food Centre stands for," explains Edward Berry, the managing director. "We believe in fresh, local, seasonal and handmade food and we do not compromise on quality. Wherever possible, we will make something ourselves rather than buy it in. That means we're constantly evolving, which keeps everything really fresh and exciting."

The Clive restaurant is also a new and exciting undertaking. The impressive Georgian brick building evokes a warm and friendly welcome and with a new chef in the kitchen, the restaurant menu showcases the finest local and seasonal produce. It has already been listed in the Michelin Guide and has two AA rosettes!

Visitors to Ludlow town centre can also experience the delights of the Food Centre at the Ludlow Pantry, the first satellite café and deli, stocking its own labelled produce.

Accolades and awards have been in constant supply. This September, the Food Hall was announced as the 2015 Great Taste Shop of the Year. This is something which the staff are understandably very proud of.

"You never take winning awards for granted because they reward the hard work that our team puts in," says Edward. "Our people are such an important part of our success. We are one of the region's largest employers, with a team of over 200 working throughout the the farms, shops and food service outlets."

ludlowfoodcentre.co.uk

Stir-up Sunday

Christmas is coming – and savvy cooks are getting prepared well ahead of time! Make these festive classics this month and have extra time for celebrating come December

MAKE-AHEAD FRUIT CAKE

Serves: 12-16
Prepare: 1 hour, 30 minutes
Cook: 3 hours, 30 minutes

12 tbsps whisky or brandy
1 medium orange, juiced & zested
3 tsps vanilla extract
1 tbsp Lyle's Golden Syrup, plus 125g
2 level tsps mixed spice
450g raisins
225g dried cranberries
110g prunes, roughly chopped
50g glace cherries, halved, rinsed, dried & finely chopped
110g candied peel, chopped
50g blanched almonds, roughly chopped
250g unsalted butter, at room temperature
125g Tate & Lyle Fairtrade Dark Muscovado Cane Sugar, or similar
250g self-raising flour
5 large eggs, at room temperature, lightly beaten
½ level tsp salt
225ml whisky or brandy, for feeding to cake (optional)

1. Mix together the whisky or brandy, the orange juice and zest, vanilla, 1 tablespoon of the golden syrup and the mixed spice in a large saucepan. Add the raisins, cranberries, prunes, cherries, candied peel and nuts. Stir, bring to just under the boil, then turn down to a simmer for 5 minutes. Stir once or twice, until the liquid has been absorbed and the fruit has plumped up nicely. Leave to cool.
2. Preheat the oven to 140°C/Fan 120°C/Gas 1 with the shelf set on the middle. Cream together



the butter, the remaining syrup and the dark muscovado sugar, in a large mixing bowl, then add the flour, eggs and salt. Mix well until smooth, then stir in the fruit mixture until well combined.
3. Spoon into a 20cm round cake tin (greased, with the base and sides lined with a double thickness of baking parchment). Level the surface and make a gentle hollow in the middle (you don't want the cake to peak too much). Bake for 3 hours, then cover with a double thick layer of parchment paper. Bake the cake for a further 20-30 minutes or until the center springs back nicely when lightly touched.
4. Cool the cake in the tin for 30 minutes then turn out onto a wire rack to finish cooling. Peel off the paper. If you like, you can feed the cake with whisky or brandy at intervals over a month to enrich it. Poke holes in the cake with a fine skewer or cocktail stick and then drip about 2 tablespoons of the alcohol over the top each time. Wrap in foil between feeding the cake and store in an airtight container – it will last for up to 3 months. When ready to serve decorate as you like.



CHRISTMAS PUDDING

Serves: 12-16
Prepare: 1 hour, 30 minutes
Cook: 3 hours, 30 minutes

75g golden sultanas
75g currants
75g raisins
75g dried apricots, finely chopped
75g mixed peel
40g flaked almonds, roughly chopped
60ml brandy or orange liqueur
1 tsp vanilla extract
125g unsalted butter, softened
75g Lyle's Golden Syrup
40g Lyle's Black Treacle
60g Tate & Lyle Fairtrade Golden Syrup Cane Sugar, or similar
2 large eggs, at room temperature, beaten
75g plain flour
150g fresh white breadcrumbs

To serve:
Brandy butter
3 tbsps Lyle's Golden Syrup
A few sprigs of holly

1. Combine all the dried fruits and nuts in a mixing bowl, add the brandy or liqueur and the vanilla. Mix well, cover and leave to soak for 3-4 hours or overnight. Beat the butter, syrup, treacle and the Golden Syrup Sugar together in the bowl of an electric mixer for 5-8 minutes until light and creamy. Add the eggs little by little, beating well each time. Sift the flour over the fruit mixture and stir well so everything is coated in it. Add to the creamed mixture along with the breadcrumbs and stir well.
2. Spoon the mixture into a well-buttered 1.2l (2pt) pudding basin to about 2.5cm (1") from the top and smooth the surface. Pleat a circle of parchment paper and of foil (cut two times larger than the top of the pudding basin diameter) by folding over 2.5cm (1") in the centre. This will allow the pudding to expand when it cooks.
3. Cover the basin with the parchment with the pleat in the centre of the pudding, then cover with foil, again with the pleat in the centre. Tie the pudding very tightly around the rim with string and make a handle by crossing excess string across the top of the basin and tying. This will help you lift the pudding out of the pan once it's cooked. Trim any excess paper and foil, leaving a 2.5cm border, and turn the edges in on themselves to seal.
4. Put a heatproof saucer or trivet in a large, deep saucepan, and place the pudding basin on top. Add enough just-boiled water to the pan to come halfway up the sides of the basin. Cover the pan with a tight-fitting lid and place over the lowest heat. Allow to steam in the gently simmering water for 3 hours, adding more to the pan if necessary. Make sure the pan does not boil dry. The pudding is done when a fine skewer inserted into the centre of the pudding (through the foil and paper) comes out clean. Turn off the heat and carefully lift the basin out of the water. Leave to stand for 5 minutes.
5. Cut the string from the basin and discard the aluminium foil



and paper. Run a flat-bladed knife around the edge of the pudding to loosen the sides, carefully invert onto a serving dish and remove the basin. Drizzle over a little syrup, decorate with a sprig of holly and serve with lots of brandy butter. If you've got a lot on at Christmas you can make this pudding 1 month ahead and freeze in a lidded container.

TRADITIONAL MINCEMEAT

Makes: About 1.7kg
Prepare: 10 minutes, plus steeping time

250g sultanas
250g raisins
250g currants
250g Bramley apples, peeled, cored and finely chopped
250g beef or vegetarian suet
125g mixed peel, diced
225g light muscovado sugar
50g dark muscovado sugar
50g whole blanched almonds, chopped
1 tsp mixed spice
1 tsp cinnamon
Squeeze of orange juice
75ml dark rum
75ml brandy

1. Mix all of the ingredients together in a large bowl, then decant into sterilized jars and seal.
2. Store in a cool dry place until ready to serve – it will last for a few years, but is best enjoyed within 6 months of making.

"Transform the super-sour fruit of the blackthorn bush into a sweet liqueur in six simple steps"

HOW TO MAKE...SLOE GIN

1. Sloes grow in abundance this time of year. Once the berries have turned blue-black with a white bloom, pick those with no blemishes. You'll need about 500g to produce 1 litre of sloe gin.

2. Prick each fruit all over, transferring to a separate bowl as you go to keep tabs on which have yet to be pierced. Breaking the skin is important to ensure the gin can permeate the fruit, but if you're short of time, try freezing the berries then defrosting them – it should have a similar effect, though they won't look as pretty.

3. Transfer the pierced sloes to a large and spotlessly-clean, airtight jar. Add 50g of sugar per 100g of fruit; granulated sugar will work just as well as caster as the steeping process will dissolve any larger grains.

4. Pour over with gin, allowing roughly 200ml per 100g of fruit. A bog-standard spirit is fine for beginners, but once you've fine-tuned the recipe to your specific tastes you can opt for a more premium option.

5. Give the jar a good shake, then stand it in a cool, dark cupboard for the maturation to begin. Continue to agitate it thoroughly every few days for the next few weeks to help the sugar spread evenly. The gin and sloes should be left in this state for at least 3 months to properly infuse. At the end of this period sample the liquid, adding extra gin or sugar to taste.

6. Once it's ready, strain the sloes from the liquid and pour or funnel the latter into clean, screw-top bottles. You can also add a few of the berries for decoration, or tip the soaked sloes into a small jar topped up with a little of the infused gin for later use in cocktails.








GBF FOOD

ICON

YEO VALLEY

Family-run dairy Yeo Valley is best known for making wonderfully creamy yogurt, but there's plenty more going at this ground-breaking Somerset farm than you might think

It would certainly be fair to say that Yeo Valley is a producer with humble beginnings. "We started making yogurt on the farmhouse kitchen table, distributing it from a Morris Minor van. Production has increased somewhat since then!" laughs Jerry Naish, marketing manager. Founded in 1961 by Roger and Mary Mead, the company started with a modest smallholding of just 30 cows, chickens and a few sheep.

Now, split between two of the Yeo Valley farms (Holt and Yoxter), there are around 400 cows. "Nowadays we make great dairy, our way, for over eight million households a year, so we use our own milk alongside that produced by a co-operative of select dairy farmers – many of which we've worked with for over 20 years." Organic yoghurt is the company's most famous product, but the team also make the most beautiful farmhouse butter, as well as cream, ice cream and fresh milk.

Today the dairy is still a family affair; Mary manages the farm and cows (and can identify each and every animal) while her son Tim looks after the dairy business. Yeo Valley HQ, perched above the pretty village of Blagdon, has also grown to incorporate a popular canteen-style restaurant, The Yeo Valley Canteen, a tea room, and a six and a half acre organic garden, which provides the freshest seasonal produce for the chefs at the restaurant to choose from.



"We love Somerset; the clover rich grass helps our cows produce great milk, and there is a history of great dairy in this region. The area is awash with wonderful food producers too, and we like to showcase as many of them as we can in the canteen. Our chefs make great food for our staff and our guests, so now that we are open to the public for lunch during the week even more people are able to enjoy the wonderful things that are made in Somerset," says Jerry.

As you'd expect, the farm's eco credentials are suitably impressive. "We believe in sustainability, not just now but for future generations. We're really lucky to be a family owned business, as we have been farmers for generations we tend to take the long view," she explains. Indeed, the team have installed high-tech photovoltaic panels on the cow sheds to provide power for the farm and dairy. "We also grow miscanthus (also known as elephant grass) to put into the boilers that heat our offices to save energy, as well as clover to lock nitrogen into the top six inches of soil. Healthy soil grows healthy grass to feed to our cows. Healthy, happy cows produce better milk. Choices like this don't provide short-term gains, but we think it's the right way – as we plan to be around forever!"

For more information about Yeo Valley visit yeovalley.co.uk

GREAT BRITISH ESCAPES

GBF presents a fabulous selection of retreats and getaways – perfect for a foodie break

DOCKLOW MANOR



Two charming stone cottages in the grounds of a Victorian manor house, amid the rolling hills of Herefordshire.



Lovely market towns, pretty timbered villages, fine walks and traditional country inns are all nearby. Home cooking available on request, delivered to your cottage.

Visit: **www.docklow-manor.co.uk**
or call **01568 760668** for more information.



Keepers COTTAGES

"A unique selection of high quality holiday cottages situated on the East Kent Coastline, one of Britain's most fashionable places to stay."

Whether you are planning a romantic escape, a family holiday or anything in between, Keepers Cottages will always put you first.
www.keeperscottages.co.uk t: 01304 370939
e: enquiries@keeperscottages.co.uk

CREEKSIDE COTTAGE
Near Falmouth, Cornwall



Waters-edge, village and rural cottages sleeping 2 - 8.
Enchanting picturesque positions, peaceful and comfortable.
Open fires. Dogs welcome. Available throughout the year.
01326 375972 www.creeksidecottages.co.uk



A selection of holiday cottages on the Lizard peninsula



Beautiful cliff top walks,long sandy beaches, gentle rolling countryside mixed with fascinating fishing villages and picturesque harbours make this a truly wonderful holiday destination.
For more information call: 01326 290162
e-mail: info@cadgwithcovecottages.co.uk
www.cadgwithcovecottages.com

Cadgwith Cove Cottages

Food Tourist

Great British Food uncovers the UK's finest pubs, restaurants, hotels & foodie destinations for your eating pleasure







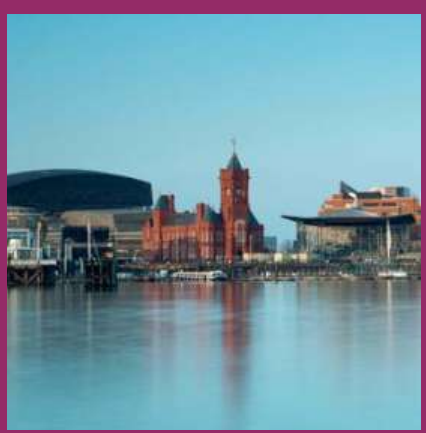


THIS MONTH:

* Cardiff *
* Edinburgh *
* Bath *
* London *
* The Cotswolds *











The Great Escape:

CARDIFF

With a hefty helping of exciting restaurants, pubs, cafés and delis, the Welsh capital is a treasure trove of diverse cuisine and fun activities. Head west and sink your teeth into this awe-inspiring area

What to see in a day...

When you first step foot in Cardiff, you'll sense an energy in the air. This is probably due to the city being the youngest capital in Europe – it still has an intoxicating spring in its step. This liveliness is at its most exciting in the city's bustling food scene. You'll no doubt soak up the atmosphere within minutes of reaching Wales' capital!

It's tough to face a busy day without a decent cuppa, and that's precisely what you'll find at **Waterloo Tea (waterlootea.com)** in the city centre. Housed in an old Edwardian arcade, the tea house has a huge array of different leaves and a delightful bakery serving the most scrumptious cakes. The calm, comfortable sitting area is an ideal place to plan out your day ahead.



There are plenty of beautiful parks in and around the city, but a great one to visit is definitely Bute Park. Described as 'the green heart of Cardiff', the extensive landscape is full of wildlife and historical points of interest. It's also the perfect location to get a view of Cardiff Castle surrounded by greenery, if you're aiming to take a few snaps during your stay.

After a long stroll you'll



probably be in need of something substantial to see you through until dinnertime. Spread over two floors, **Pieminister's (pieminister.co.uk/restaurants/cardiff)** pie shop on St Mary Street is the company's largest and most impressive restaurant. With much-loved classics and some exclusives on the menu, there's definitely a pie for everyone amongst its eclectic range.



It would also be wise to check out what's on at the **Wales Millennium Centre (wmc.org.uk)** before your visit to Cardiff. Nestled on the picturesque bay, the Welsh landmark stages some of the UK's top cultural attractions, ranging from opera, ballet, musicals and a huge list of free performances. It's also a great spot to have a glass of wine or cup of coffee and watch the night sky descend on the city.

See off the evening with a wonderful meal at **The Potted Pig (thepottedpig.com)** restaurant. Located in a former bank vault beneath the city, this subterranean setting serves amazing seasonal British food and an impressive array of gins. We'd recommend the home-cured pork belly with fried bacon cake, roasted beetroot and kale – it's fantastic!

What to see in a weekend...

DAY ONE

Make sure your weekend is exciting from the get-go by travelling down to the charming rocky beach of Swanbridge. When the tide is out you can walk over to Sully Island, which is famed for being an old smuggler's destination back in the Middle Ages – there's even a shipwreck!

A great place to go to for afternoon tea is the **Hilton Cardiff (hilton.com/cardiff)**, located in the heart of the city overlooking the famous castle. The offering is popular with local foodies and there's an impressive selection of freshly prepared triple-layered sandwiches, tea soaked scones with clotted cream and jam, a delicious range of mini desserts and yummy Welsh Cakes.



HILTON CARDIFF

If you consider yourself a bit of a Whovian, then the **Doctor Who Experience (doctorwho.tv/events/doctor-who-experience)** is the place for you. Located in a specially constructed facility in Cardiff Bay's Porth Teigr – a stone's throw from the BBC studios where the programme is filmed – this attraction offers an exciting journey into over 50 years of adventures in space and time. Get up close and personal with the Doctor and check out the world's largest collection of Who props, sets and costumes.

After zipping through time, you'll no doubt be in the mood for a drink. Head to **Urban Tap House (urbantaphouse.co.uk)**, which was Wales' first bar devoted to craft beer and is owned by popular brewery **Tiny Rebel (tinyrebel.co.uk)**. Expect a rotating list of weird and wonderful beers from exciting breweries, as well as some rather mouth-watering burgers, sides and bar snacks. This pub is the perfect place to spend an evening, and you can work your way through the diverse collection of brews on offer – the staff are incredibly helpful and enthusiastic about the different beery options

DAY TWO

If you're not all cultured out at this point, check out the National Museum Cardiff (museumwales.ac.uk). Home to a phenomenal amount of Wales' national art, geology and natural history collections, as well as major touring exhibitions, you'll be moved by beautiful paintings and astounded to learn about the dinosaurs used to roam Wales.

Take a casual stroll to **Wally's Delicatessen (wallysdeli.co.uk)** if you're planning on taking some foodie gifts back for family and friends. This deli boasts plenty of fine food ingredients, interesting meats, brilliant cheeses, oils and more – expect some exciting Welsh finds and fascinating continental produce, too.

You might be lucky enough to visit Cardiff on a day when **DEPOT (depotcardiff.com)** is hosting its pop-up food and drink events and street food festivals. Open since 2014, the venue plays host to an exciting calender of food-orientated events, featuring the likes of **Hangfire Smokehouse (hangfiresmokehouse.com)** and other wonderful food stalls. The warehouse will also be housing the CAMRA Great Welsh Beer & Cider Festival from November 5th – 7th, so that's definitely a date to jot down in the diary!

Where to Stay

The Hilton Cardiff (hilton.com/cardiff) is superbly located and has some stunning rooms – it's a fantastic destination for your weekend stay. It also has the award-winning Razzi restaurant, which has regional specialities like Welsh marsh lamb on the menu.



PIEMINISTER

Out &About

Rain or shine, these fabulous hotels, restaurants and attractions are perfect for a summer getaway

A Weekend Away

WHERE? LUCKNAM PARK, CHIPPENHAM



Why we like it?

With its charming staff, stunning spa and fabulous food, Lucknam Park is located just a few miles from the centre of Bath, but feels like a world of its own. This is country house living at its finest; the beautiful Palladian mansion dates back to 1720 and incorporates a Michelin-starred restaurant, 500 acres of pristine parkland to explore, an Equestrian Centre and even a Cookery School. Plenty to keep you busy, though you may struggle to tear yourself away from the bedrooms, designed with a real eye for luxury that's perfectly in-keeping with the hotel's heritage. The stately Grand Master Suites are worthy of royalty, though the more pocket-friendly Garden Rooms still offer the same elegant touches and mod cons. But if you only take advantage of one of the hotel extras, it has to be the spa – one of the loveliest we've visited with an outdoor hydrotherapy pool for ultimate relaxation.

And the food…

Guests can choose between casual dining at the buzzy Brasserie or Michelin-starred finery at The Park restaurant. We opted for the latter, kicking off with a glorious rosewater martini and canapés in the library. Executive chef Hywel Jones is dedicated to using the freshest local ingredients, with herbs picked fresh from the kitchen garden, and you can certainly tell from the menu. Delicate starters of poached Devonshire veal and roast Scottish diver scallops let the exquisite ingredients speak for themselves, while indulgent mains of braised turbot with Wiltshire truffle butter and slow roast pork belly with caramelised apples and cider are absolutely crammed with flavour. We topped things off with an expertly made mango soufflé – perfection. **From £275 per night. T. 0800 089 3929 prideofbritainhotels.com**





All Aboard

The first domestic railway to open in over a century is now in full swing, and food is what's getting people to buy tickets. The Borders Railway connects Edinburgh to Tweedbank, reopening a line that was closed in 1969. Every two weeks there's a market outside Edinburgh station showcasing the produce from the Scottish Borders, so passengers can taste food from the beautiful region. bordersrailway.co.uk



A Perfect Pint

Fancy ordering a beer at the best pub in the UK? The Good Pub Guide has just named its best boozer for 2016, with the crown going to the Horse & Groom in Bourton on the Hill in the North Cotswolds. It received the title thanks to its 'fine range of drinks, excellent food, friendly staff and lovely views'. There's even rooms if you fancy staying the night, so it's definitely worth the trip! **horseandgroom.info**

RESTAURANT OF THE MONTH

DUCK & WAFFLE, LONDON



If you're interested in food and have your own Instagram account, then you're bound to have seen most (if not all) of Duck & Waffle's photogenic menu by now. It's a restaurant based at the top of Heron Tower in London, which is so high up it offers views looking down on the Gherkin, one of the capital's tallest buildings! Once you've taken the speedy glass lift up there, you'll be presented with one of the best cocktail menus we've ever come across – if you get the chance, try the White Russian/ Black Russian, an ingenious combination of the two drinks in one glass.

Food-wise, chef Dan Doherty is a staunch supporter of the sweet-savoury flavour combo in his dishes. Expect crazy (but delicious) plates of doughnuts filled with ox cheek and drenched in apricot jam; crispy strands of pig ears that taste like incredibly gourmet Frazzles and, of course, the restaurant's namesake dish, made up of a confit duck leg, fried duck egg and sweet waffle, covered in mustard-maple syrup. If you want amazing views of London with the food and drink to match it, you won't find a better place. duckandwaffle.com

Try Something New

Think of yourself as a bit of a beer geek? Attend one of Meantime Brewery's 'The Knowledge' courses and take your obsession to the next level

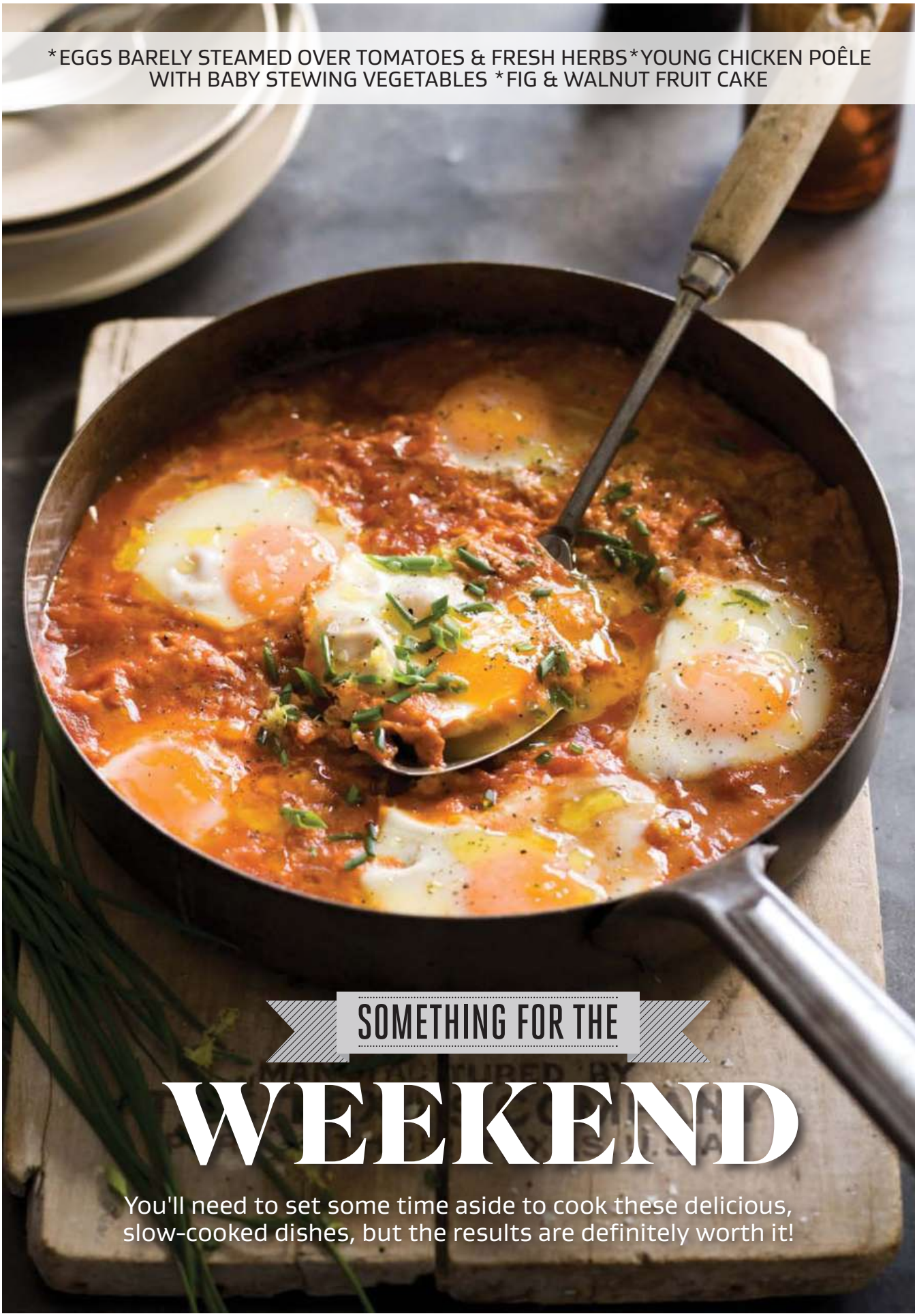
Beer – like wine, cheese or barbecuing – is one of those things people can get obsessed with, talking about the minutiae of fermenting processes, yeast strains and flavour profiles for hours. If you're more than happy to spend an evening talking about your favourite beers but want a more grounded knowledge of the vast world of brewing, then one of Meantime's Beer Appreciation Courses is the perfect place to ask all those burning questions.

The Event

You can attend masterclasses that last a full day, an evening or just a few hours, but each one is packed with information (and beer tastings) that's well worth the money paid. You can learn about the chemistry and science behind how beer is made, or discover more about London's historic breweries, so there's a course for everyone. Aside from all the knowledge you'll take home with you, it's a great chance to get a behind-the-scenes view of Meantime's brewery in action. Just make sure you get a taxi home after all those samples! **meantimebrewing.com**



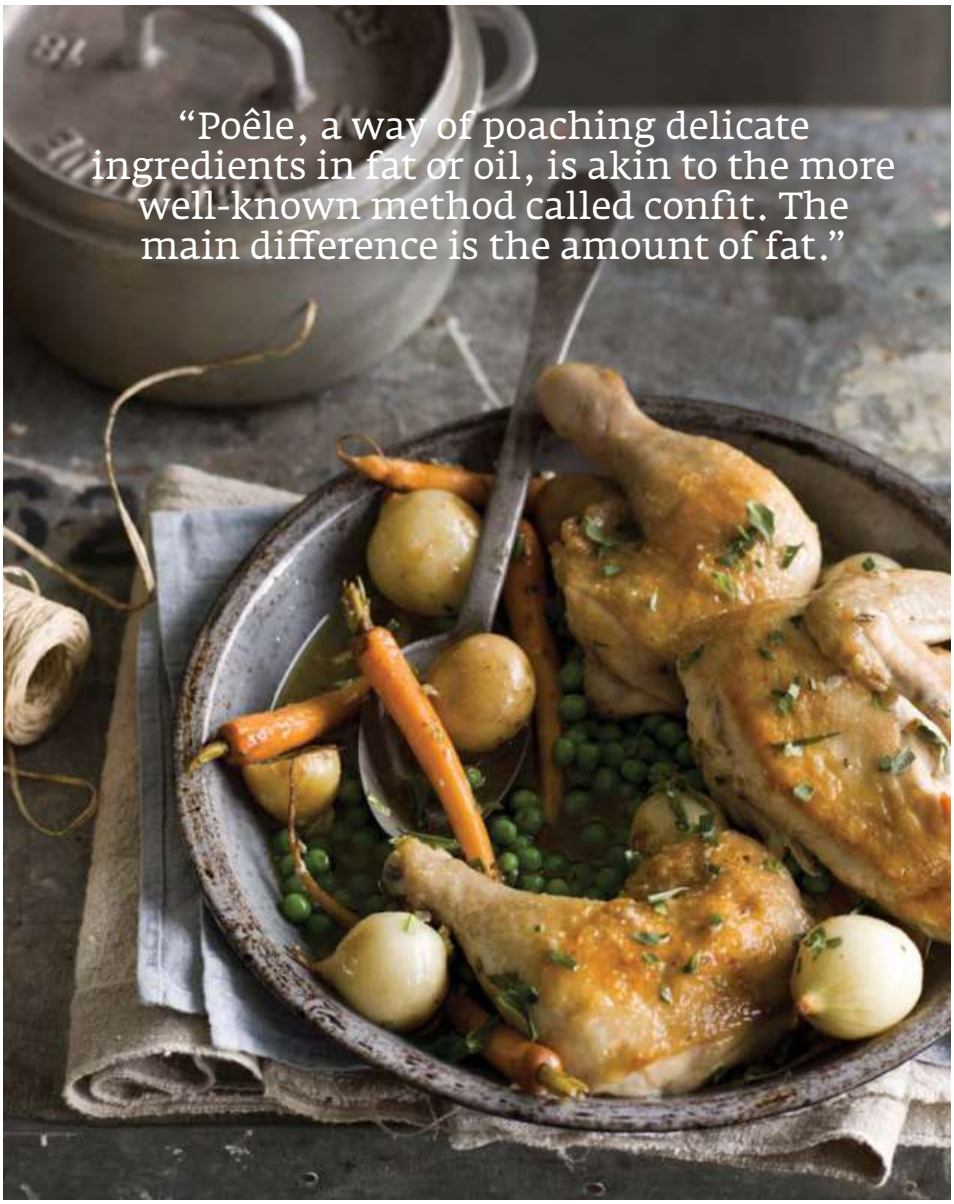
*EGGS BARELY STEAMED OVER TOMATOES & FRESH HERBS*YOUNG CHICKEN POÊLE WITH BABY STEWING VEGETABLES *FIG & WALNUT FRUIT CAKE



SOMETHING FOR THE

WEEKEND

You'll need to set some time aside to cook these delicious, slow-cooked dishes, but the results are definitely worth it!



EGGS BARELY STEAMED OVER TOMATOES & FRESH HERBS

Serves: 4
Prepare: 5 minutes
Cook: 50 minutes

1 tbsp olive oil
½ onion, peeled and finely chopped
½ garlic clove, peeled and finely diced
120ml dry white wine
415g tin of chopped tomatoes
8 large free-range eggs
Grated zest of ½ lemon
30g fresh herb leaves such as basil, dill, thyme and/or mint, finely chopped
Sea salt and freshly ground black pepper

1. In a large skillet with a lid, heat the olive oil over medium heat. Add the onion and sauté until translucent, for about 4 minutes. Add half of the garlic, stir twice, and add the white wine.
2. Raise the heat to high and bring to a boil. Add the tomatoes and season with salt and pepper. Bring to a very gentle simmer, then turn the heat down – the liquid should just bubble around the edges of the pan and whiffs of steam should be rising from the centre. Stir in half of the herbs. Keep the heat as low as possible.
3. Crack 2 free-range eggs into a cup and carefully slide onto the surface of the tomatoes. Repeat in the same manner with the remaining eggs. Cover the pan and steam until the eggs are set, about 40 minutes.
4. While the eggs are steaming, combine the remaining herbs, garlic and lemon and set aside.
5. To serve, use a large spoon to scoop a pair of eggs and the tomatoes beneath them onto a plate. Season with salt and pepper, and scatter some of the herb mixture over the top of each portion.

YOUNG CHICKEN POÊLE WITH BABY STEWING VEGETABLES

Serves: 4
Prepare: 10 minutes
Cook: 5 – 6 hours

1 young chicken, 1.4 to 1.8kg, quartered
Sea salt and freshly ground black pepper
6 tbsps olive oil
12 baby carrots
8 new potatoes, halved
16 frozen pearl onions
½ tsp dried thyme
½ tsp dried rosemary, crushed
2 garlic cloves, peeled and finely diced
115g frozen peas
2 tsps chopped fresh tarragon

1. Preheat the oven to 80°C/Fan 60°C/Gas ¼. Season the chicken quarters all over with a sprinkling of salt and pepper. Heat 2 tbsps of olive oil in a Dutch oven over medium heat. Sear the skin side of the chicken quarters until lightly browned and transfer to a plate and set aside.
2. Add the carrots, potatoes, and pearl onions and sauté until lightly browned. Season with the thyme, rosemary, garlic and salt and pepper.
3. Put the chicken quarters on top of the vegetables and drizzle the remaining 4 tbsps olive oil all over. Cover the Dutch oven and place in the middle of the oven. Cook until the chicken meat is ready to fall from the bone, about 5 to 6 hours.
4. To serve, transfer the chicken pieces to a platter. Stir the peas and tarragon into the other vegetables and spoon around the chicken. Spoon the juices remaining in the bottom of the cooker over top.



"The result is closer to a cake-size energy bar; chewy, crunchy and wholesomely rich."

FIG & WALNUT FRUIT CAKE

Serves: 12
Prepare: 20 minutes
Cooking: 8 hours

Vegetable oil spray
455g walnut halves and pieces
455g dried figs, stems removed, quartered
90g plain flour
½ tsp baking powder
½ tsp fine sea salt
200g sugar
3 large free-range eggs, lightly beaten
1 tsp vanilla extract
75g diced candied orange peel
60ml walnut brandy

1. Preheat the oven to 110°C/Fan 90°C/Gas ½. Coat the inside of a baking pan with the vegetable oil spray and set aside. Toss walnuts and figs in a large mixing bowl and set aside. Mix flour, baking powder, salt and sugar in a medium bowl. Toss 3 tablespoons of the dry ingredients with the nuts and fruit to coat.
2. Add the eggs and vanilla with the remaining dry ingredients and mix with a wooden spoon to form a smooth batter. Mix in the candied orange peel. Scrape into the nuts and fruit and toss with a rubber spatula until everything is evenly coated.
3. Scrape the batter-coated nuts and fruit into the prepared pan, wet your hands with cold water and pack the nuts and fruit firmly into the pan. Set in the oven and bake for 8 hours until the top is golden brown and a skewer inserted into the centre comes out clean.
4. Remove the pan from the oven and spoon the brandy over the top. Cool on a rack for 30 minutes. Run a knife around the edge to loosen, invert onto a rack, remove the pan, turn right-side up and cool to room temperature.



Recipes taken from *Cooking Slow* by Andrew Schloss (£21.99, Chronicle Books) Images by Alan Benson

THE CHILTERN BREWERY

FINE ENGLISH ALES
FROM THE CHILTERN HILLS



AWARD WINNING
FINE ENGLISH ALES

Telephone 01296 613647

BUY ONLINE
www.chilternbrewery.co.uk

CHARLIE & IVY'S



delicious foodie treats for flavour lovers!
www.charlieandivys.co.uk
HANDCRAFTED IN BRITAIN

i like chickens



Kitchenware Egg Crocks Tableware
Cookware Home Decor

For distinctive Kitchen Accessories, Textiles
Homewares & Gifts please visit

www.ilikechickens.co.uk
Tel: 01300 345 915

#EssexQuinoa

hodmedods.co.uk

Hodmedod's
BRITISH QUINOA



Grown by Peter Fairs in the fields of Essex
Tasty, versatile and easy to cook
A natural source of protein and fibre

Salubrious
Sauce Co.



www.salubrioussauceco.co.uk
Monty@salubrioussauceco.co.uk
Salubrious Sauce Co @SalubriousSauce

For an unforgettable Christmas contact Ginger Bakers...



ginger bakers
Quality ingredients baked with care and generosity

great taste award

015394 22084 info@gingerbakers.co.uk
www.gingerbakers.co.uk

Gorgeous gifts with flavour and taste

By Appointment to Her Majesty The Queen
Mail Order Smoked Foods & Hampers
Inverawe Smokehouses

INVERAWE
SCOTTISH OAK SMOKEHOUSE



Order your Christmas gifts now by calling 03448 475 490
or visit www.smokedsalmon.co.uk



THE CHILTERN BREWERY

This pack of fine English ales straight from the Chiltern Hills is a brilliant gift idea for any beer lover. The impressive trio of brews will make any festive drinking session one to remember with traditional ale, porter and barley wine to try out, all with your very own Chiltern Brewery stemmed glass.

£19.25 from chilternbrewery.co.uk

I LIKE CHICKENS

The humble egg is a stalwart of the kitchen, so it seems a shame to hide them away in the fridge. The perfect solution is this egg crock, which can bring a bit of character to your worktop. These wonderful holders look fantastic and make it easier to keep tabs on when you're running low on eggs!

£39.99 from ilikechickens.co.uk



LUCYCOOKS

If you know anybody who loves to indulge in the pleasure and preparation of food, LucyCooks Cookery School Gift Vouchers could make the perfect gift. Whether you're a creative cook or complete beginner there's a course to suit everyone, with alternative activies available for those who enjoy creating something deliciously different. Nestled in the beautiful surroundings of the Lake District, a winter trip to the LucyCooks Cookery School is worth a visit just for the views alone!

Go to lucycooks.co.uk to find out more



RULE BRITANNIA

Check out the latest fabulous British products perfect for the run-up to Christmas

GINGER BAKERS



This multi award-winning artisan bakery based on the edge of the idyllic English Lake District in Kendal comprises of an extremely dedicated team who are obsessively focused on quality, attention to detail and creating unforgettable flavours. The new Christmas range is exceptional, most notably the one kilogram handmade damson brandy fruit cake. Pick up something special from the Ginger Bakers bakery, independent farm shops and delis or Booths supermarkets throughout Cumbria, Cheshire, Lancashire and Yorkshire.

Visit gingerbakers.co.uk for more information

FALK CULINAIR

As part of an exclusive 'Try Me' offer, the cookware specialist Falk Culinair is offering over 50% off its 18cm copper solid saucier. Encouraging foodies to get creative with their everyday cooking, it's excellent for sauces, roux and other delicate recipes which require careful regulation of temperature and some frequent stirring.

Available for £75 instead of £155 when you visit falkculinair.co.uk/try-me-offer





HODMEDOD

The veggie fanatics at Hodmedod have roasted British-grown fava beans and green peas in pure rapeseed oil to create a range of deliciously healthy snacks. Crammed full of protein and fibre and with less than a third of the fat of regular roasted nuts, they're great if you're suffering from Christmas overindulgence! The peas and beans are available either lightly salted or unsalted, or grab a bag of seasoned Horseradish Peas and Sea Salt & Cider Vinegar Beans.

£2.29 per pack or get six packs from £11.99. Visit hodmedods.co.uk to find out more

COTTAGE DELIGHT

Staffordshire-based Cottage Delight's preserves have been enjoyed by gourmet food lovers for over 40 years, and this Christmas gift set celebrates the best of that tradition with a tasty selection of the company's most popular products. Perfect for the festive season, the line up includes Sweet Apple Chutney, Caramelised Onion Chutney and Tomato, Garlic and Ginger Chutney – all presented in a classic cream planter that's ideal for any country kitchen.

£14.95 from cottagedelight.co.uk



INVERAWE

The Season's Greetings Box full of award-winning delights from Inverawe, Scotland's specialist smokehouse, is packed full of exquisite smoked fish, delicious cheese and yummy pâtés. Presented in a beautifully wrapped gift pack which can include your own personal message, it makes a sensational gift.

£49.95 from smokedsalmon.co.uk or call 034448 475 490 for more information





MUNTONS

What with homebrewing becoming more popular by the day, these hand crafted beer kits by Muntons make an ideal Christmas gift for a burgeoning brewer. Each beer style in the range has been carefully formulated with its own specific ingredients and expertly blended by experts to allow you to easily recreate authentic craft beer of outstanding quality. Kits in the range include Smugglers Special Ale, Old Conkerwood Black Ale, Oaked Ale, Midas Touch Golden Ale, Belgian Style Ale and American Style IPA.

Visit muntonshomebrew.com/stockists-finder to pick up your own

JAFFA IMPORTS

This fabulous new range of sturdy printed trays come in four beautiful designs. They can add lovely little additions to your packing options and help make preparing gift baskets super easy as they come complete with a paper shred, cellophane bag, pull bow, gift card and twist tie in your choice of red, green and gold.

£3.49 from jaffaimports.co.uk





WEALD SMOKERY

With award-winning smoked foods like the Royal Fillet of smoked salmon amongst its range, Weald Smokery is definitely somewhere you should turn to for gift ideas this Christmas. There are a number of new gift boxes and hampers to choose from featuring the acclaimed products from the delicatessen shop in east Sussex. A side of smoked salmon or a Weald Smokery Gift Box could be the answer to your gifting dilemmas!

Visit wealdsmokery.co.uk for more information



SALUBRIOUS SAUCE COMPANY

Since starting in 2014, the Salubrious Sauce Company has taken the condiment world by storm. All of the sauces are made in small batches and taste phenomenal, adding bags of flavour to each dish. The British Breakfast Sauce combines spicy, smoky, sour and fruity notes and the Sunday Lunch Sauce is a blend of hot English mustard and horseradish with herbs and spices.

£3.50 from salubrioussauceco.co.uk

GREY'S TEAS

With a ginormous range of over 160 loose leaf teas, you can get lost searching the Grey's Teas range. That's why these four pack collections of caddies are wonderful and there are ten unique themes to choose from. These include Tea for the Whole Day, Tea for the Morning, Tea for the Afternoon and Evening and introductory collections including Explorers' Green Teas and Explorers' Black Teas. There are also two collections of black and green organic tea.

Go to greysteas.co.uk to find out more





FOODIE FLAVOURS

This set of Butterscotch, Caramel and Custard natural flavourings allows you to add some professional, high strength, natural flavours to your recipes to capture the classic tastes of yesteryear. Add a rich, warm note to your cake, topping, or fudge by adding a few drops from these handy bottles. What's more, these delights are gluten, egg and dairy-free and all made in the UK.

£9.99 for 3 from foodieflavours.com



CHARLIE AND IVY'S

Handcrafted on the farm in Yorkshire, this Foodie Treats Hamper from Charlie & Ivy's is a beautiful present for any food-loving friend. The tasty combination of delicious bread dippers, rapeseed oil dressings and scrumptious mayonnaise is great for a stylish Boxing Day spread of flavoursome delicacies.

£21 from charlieandivys.co.uk

SUBSCRIBE TODAY!

If you love meat-free food and recipes, if you're interested in kitchen, gardening and the best travel destinations, and if you love cruelty-free fashion and beauty, Veggie is the magazine for you. With top columnists and in-depth celebrity interviews, Veggie is the title to inspire the way you live.

3 ISSUES FOR JUST £6*





2 EASY WAYS TO SUBSCRIBE...

vegetarianrecipesmag.com/veg15T

Tel: 01795 414906 QUOTE: VEG15T

Lines are open Monday-Friday 8am-8pm, Saturday 9am-1pm

* TERMS AND CONDITIONS APPLY

Jaffa Imports Ltd

Everything you need to make quality Gift Hampers



01502 511399

www.jaffaimports.co.uk

salesdesk@jaffaimports.co.uk



ADD THREE STARS TO YOUR KITCHEN

Create the finest restaurant quality dishes with this great value starter set. Beautifully designed with durable stainless steel linings & stylish 2.5mm copper bodies that let your food cook quickly and evenly.

TO ORDER THIS GREAT VALUE STARTER SET SIMPLY VISIT OUR WEBSITE NOW.

FALK Culinair

THE WORLD'S FINEST COPPER COOKWARE

www.falkculinair.co.uk FREEPHONE 0800 133 7560

Discover the brewer in you.

The reasons for home brewing are stacking up.

- Our products use commercial quality ingredients
- Choose from over 120 products across 20 ranges
- Fine tasting brews ready to enjoy in only 4 weeks

Muntons are expert manufacturers of home beer, wine and cider kits that cater for traditional tastes and for those with more adventurous palates.

Each product is lovingly created with integrity in every millilitre, using nothing but the finest, locally sourced, natural ingredients and the simplest of techniques to ensure a successful brewing experience.





www.muntonshomebrew.com

Muntons

BRITISH MALT MADE WITH PRIDE BRITISH FARMS

Enter via our website
greatbritishfoodmagazine.com/giveaways

Foodie Giveaway

Win a tempting selection of gourmet goodies with our delicious competitions

WIN A GOURMET GETAWAY AT THE NATIONAL TRUST'S MIDDLETHORPE HALL & SPA!



Middlethorpe Hall is a William III country house, close to the historic city of York and set in 20 acres of manicured gardens and parkland. Built in 1699, it was once the home of the famous diarist Lady Mary Wortley-Montagu. After a period of neglect, the hall was restored with carefully chosen antiques and fine pictures. The bedrooms, each decorated individually, are located in the house and in the 18th century courtyard alongside. The paneled dining rooms overlook the gardens and the imaginative food follows the theme of traditional excellence.

Middlethorpe Spa contains a large swimming pool, spa bath, steam room, sauna, gymnasium and three beauty treatment salons. Qualified therapists provide treatments using Decléor, E'Spa, Caci Quantum and Jessica branded products.

Nicholas Evans' superb cuisine at Middlethorpe Hall has won many accolades over the years, and continues to attract connoisseurs of fine food and wine from around the world. A carefully curated tasting menu with paired wines offers a gourmet experience, while dishes are individually priced on the a la carte dinner menu. There's also a traditional menu with a superb choice of dishes, especially designed with resident guests in mind. As well as the two dining rooms, there are facilities for private dining which are ideal for private entertaining.

Your prize will include a two night stay for two adults in a deluxe suite located in the 18th century courtyard, with early morning tea delivered right to your door followed by a full Yorkshire breakfast both mornings, a candlelit three course dinner on the first evening and a six-course gourmet dinner with accompanying wines on the second. As well as this, you will also get a private tour by head gardener David Barker of the historic gardens, including the Potager and Greenhouses, as well as full use of the spa facilities.

In September 2008, Middlethorpe Hall became the property of the National Trust by donation, with all profits benefiting the house and the charity.





Find out more about Middlethorpe Hall and the other hotels within the Pride of Britain Hotels collection by visiting prideofbritainhotels.com or call 0800 0893929 to order your free hotel directory.

WIN TWO NIGHTS BY THE SUFFOLK COAST AT BRUDENELL HOTEL!



The four star Brudenell Hotel, which overlooks Suffolk's Heritage Coast at Aldeburgh, is in a wonderful seafront setting. It's just a step away from the shingle beach with panoramic sea views to the front, while at the back it overlooks the river Alde and surrounding countryside. Chic, contemporary interiors feature coastal colours in the reception areas and 44 bedrooms reflecting the hotel's stunning location.

Its AA two-rosette Seafood & Grill restaurant is widely regarded as one of East Anglia's premier seafood destinations. Menus created by head chef Tyler Torrance focus on the region's natural larder using sustainable and ethically sourced produce from the land and sea.

Seasonal shifts bring different varieties of fish to Suffolk's shores, each with its own taste and flavour. Most of the fish and seafood served at the Brudenell is provided by local fisherman landed on the beach at Aldeburgh, just a few minutes' walk from the hotel. You can't get much fresher than that – think food yards not miles!





The hotel's wine list complements its excellent cuisine with both easy-drinking and fine vintages from the world's best wine producing countries, selected by the hotel group's talented head sommelier François Belin.

One lucky winner and their companion can win a two-night break at the Brudenell Hotel sharing a superior seaview room, including full Suffolk breakfast both mornings and dinner in the Seafood & Grill on one evening of their choice.

For details call the Brudenell on 01728 452071 or visit brudenellhotel.co.uk.

WIN A DELICIOUS HAMPER OR A PLACE AT CAMBRIDGE COOKERY SCHOOL!



Peter Sidwell has been busy working with Simply Good Food to create a fantastic recipe app, and is offering you the opportunity to win a hamper packed with goodies and cookbooks or the opportunity to go and enjoy a day perfecting your culinary skills with one of the app's chefs Tine Roche at the Cambridge Cookery School.

Peter and his team are creating great new content for the app from a wide variety of chefs including Jamie Oliver, Will Torrent and Luis Troyano. The app is free to download in both the Android and Apple Store, and has over 800 bitesize recipe episodes, with a further a 50 new episodes being added each month.

The app is not only the home of great recipes; it has 'Foodie Friends', which is an online farmers' market offering a wide variety of tasty treats for you to buy direct from lots of fantastic producers.

For more information about Simply Good Food TV visit simplygoodfood.tv.

DELIS of the MONTH

Our monthly showcase of the UK's finest independent stores



OTTERS FINE FOODS
RUTLAND

Serving exquisite English and continental cheeses, naturally smoked fish, charcuterie, pâtés, preserves and an array of individually sourced products, this deli is a popular choice for those craving an eclectic spread of delicacies. The 24 seater bistro is open Monday to Saturday and is great for a quick lunch or pit stop during a busy day of shopping. Homemade savoury tarts and soups figure on the menu, alongside fabulous smoked fish, cheese and charcuterie platters, plus fresh hand-picked crabs accompanied by salad, coleslaw and fries.

Best Bit? **If it's too far for you to visit, lots of the deli's products, hampers and even cheese wedding cakes are available online!** ottersfinefoods.co.uk

DELILAH FINE FOODS
NOTTINGHAM



Housed in a beautiful former banking hall in the heart of the city, this traditional deli sells all sorts of fantastic foods. Inside you'll find a relaxed café-style food bar, giving visitors the opportunity to not only enjoy tonnes of fine food, but view demonstrations on how these products can be used to create great dishes, too. Whether you pop there for a quick coffee and cake, a gourmet sandwich or a shopping basket full of treats, it really is all about the products and the people who make them.

Best Bit? **It was named Britain's Best Deli in 2012, so it has its fair share of admirers!** delilahfinefoods.co.uk



BRADLEY'S DELI,
ISLE OF ANGLESEY

Lucy Bradley set up this deli in 2010 as she is incredibly passionate about local produce and foraged ingredients in her cooking, and wanted to make them available to the public. It showcases top quality ingredients from over 25 Isle of Anglesey suppliers, including free-range eggs, salt from the Menai Straights, flour from the local mill, dairy products from the nearby creamery and more. With numerous accolades under its belt, it's the perfect one stop shop for discovering some of the area's astounding fare.

Best Bit? **Lucy frequently collaborates with brands like Maille and Hellman's to explore current gastronomical trends, and has applied this knowledge to the running of the deli.** bradleysdeli.wordpress.com

MAMMA ANNA & CO,
LONDON



This warm, bustling family business is run by a mother, son and daughter team, giving it a welcoming and homely atmosphere. You'll feel as if you're being invited into their own family home for dinner, with a food shop upstairs and a small dining room down below. The open-plan shop allows you to witness the clan working their culinary magic as they make up wholesome favourites using only the finest organic ingredients sourced from local suppliers. On display there's handmade pasta, mouth-watering sauces, stunning mains and really yummy desserts.

Best bit? **If you wish to eat in an intimate setting with friends you can ask to hire the private dining room.** mamma-anna.co.uk


*
IN THE DECEMBER ISSUE OF
Great British
FOOD
WIN!
A CHRISTMAS HAMPER
WORTH £1000
Out 6th
November
Sugar
& Spice
JAMES MARTIN'S
SHOW-STOPPING BAKES
55+
AMAZING
FESTIVE
RECIPES
*Our ultimate boxing day party
*Homemade gifts to impress
*3 amazing turkey alternatives
All the
Trimmings
15 SIDE DISHES
EVERYONE WILL LOVE
©IMAGE TAKEN FROM DELICIOUSLY CHOCOLATEY (RYLAND, PETERS & SMALL)
GREAT BRITISH CHEESEBOARD*CHRISTMAS WITH MONICA GALETTI

5 WAYS TO DISCOVER... Great British FOOD



1 Tablet

You can now enjoy every issue of Great British Food on your tablet or mobile! Our **digital edition** includes everything featured in the print magazine and you'll be able to keep all your favourite recipes, features and interviews from past issues all in one handy place.

To download this brilliant app for free, simply search for Great British Food in the app store on your Kindle, Ipad or Iphone. Then you'll be able to purchase the latest or any back issue for just **£2.99 each**. That's £1 saved on every hard copy!

2 Magazine

Pick up your **hard copy** of *Great British Food* in all major supermarkets and newsagents across the UK! It's the only UK mag 100% dedicated to the revival of British food and drink, bringing you delicious recipes perfect for the season, producer stories and product news.



3 Website

Visit our website **greatbritishfoodmagazine.com** where there's plenty more to see. You can also enter all our monthly competitions and giveaways and check out the latest free gift you get when buying a subscription!



4 Twitter

Get in touch on Twitter **@BuyBritishFood**! Ask our advice on a dish you're cooking, find out about all our giveaways and fill us in on your latest foodie adventures. We love to hear from you!

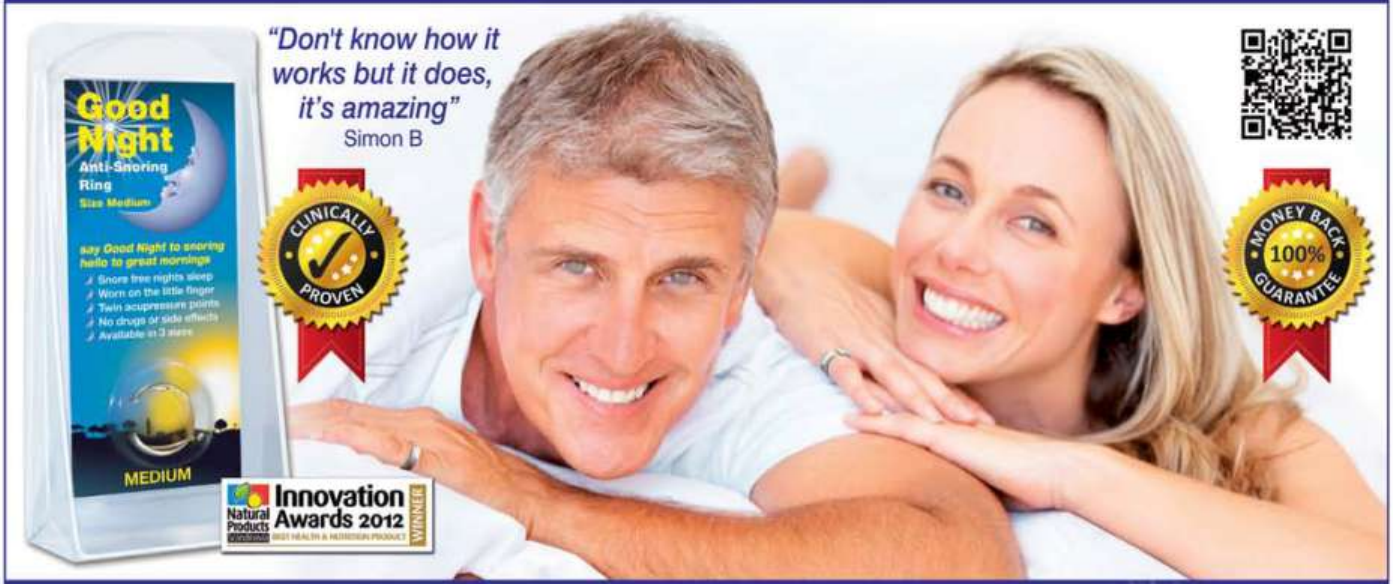


5 Facebook

Like us on **facebook.com/GreatBritishFood** and become part of our online community! You'll find even more seasonal recipe ideas, regional foodie news and chances to win in our giveaways.



The Sound of Silence!



Available at Boots, your local pharmacy
or www.goodnightsnoring.co.uk
This just might be what you are looking for!

Good Night Ring



The best cleaners you have ever tried, or your money back!

Put them to the test
See website for details

OzKleen
www.ozkleen.co.uk

Australia's number one cleaners

Available at:
Sainsbury's The co-operative Waitrose
Robert Dyas wilkinson amazon.co.uk

Like us on:

Like us but can't find us? Demand your retailer stock OzKleen products!

COVER RECIPE

Recipe of THE MONTH

This sticky tart tatin is perfect comfort food for chilly November evenings

CLASSIC TARTE TATIN

Serves: 6
Prepare: 40 minutes
Cook: 40 minutes

600g apples, peeled and cored
Juice and zest of 1 lemon
200ml sugar
1 vanilla pod, split open and seeds scraped out
80g butter
100g pecan nuts, chopped
400g puff pastry, thawed

1. Preheat the oven to 180°C/Fan 160°C/Gas 4. Cut the apples into wedges and sprinkle with lemon juice. Set aside.
2. Heat the sugar, 150ml of water, vanilla pod and seeds in an ovenproof pan over low heat and stir until the sugar has dissolved (the sugar crystals must be dissolved before the mixture starts to boil). Boil the syrup without stirring until it starts to colour – when it's a light caramel colour, it's perfect.
3. Remove the vanilla pod and then stir in the butter. Arrange the apples close together in the syrup. Remember the apples shrink as they soften; pack them tightly against each other in concentric circles. Sprinkle the chopped pecan nuts and lemon zest over the apples. Place the pan in the preheated oven for 20 minutes, or you can slowly simmer the pan on the stove top for about 5-8 minutes until the apples begin to soften and the syrup thickens. Allow the pan to cool.
4. Increase the oven temperature to 220°C/Fan 200°C/Gas 7. Roll out the puff pastry and cut it into a circle slightly bigger than the pan; keep the dough cool and work as quickly as you can. Place the dough on top of the apples and press it slightly around the edges of the pan. Bake the tart for 15-20 minutes or until the crust is cooked, golden brown and has puffed up.
5. Let the pie cool for a few minutes in the pan. Place a plate over the pan and turn the tart out onto a plate so the apples are on top. Try to flip the tart over in one swift movement, but be careful because the syrup is very hot. Serve the tart with crème fraîche or ice cream.



©CAMERA PRESS / GALLO IMAGES

GREAT BRITISH MARKET























LOVES

IN THE KITCHEN WITH...

Yotam Ottolenghi

HATES

The food writer and restaurateur famous for his Middle East-meets-West style of cooking shares his foodie loves and hates



*Eggs

I've been cooking a lot of scrambled egg recipes recently and rediscovering their easy comfort and joy.

*Rosé

I've crossed the floor from red, to orange and now to pink. My wine buyer and friend Heidi has been working on my prejudice against rosé for a good few months now. I'm an evangelical convert to the cause.



*Podcasts

I listen to a lot of podcasts. *The Moral Maze* makes me think and this – two guys sitting around, chitchatting about bits and bobs all (sometimes very) loosely related to food – makes me chuckle. I also loved the recent food programme about Jane Grigson: it made me rush out and buy her full backlist.

*Whitstable

I love getting the train to Whitstable for the day and having lunch. I'm such a London boy that I sometimes forget to get out of the city. Food tastes so good when the air smells salty and seagulls are providing the background music to your meal.



*Green Things

The pea shoot salad I had at Lyles recently; the fresh peas at Kitty Fishers; the English cucumbers and wild asparagus from my local greengrocers. I can't get enough greens at the moment.

ILLUSTRATIONS BY LOUISE ABBOTT

*Demonisation of Food

Fat, sugar, carbohydrates or gluten: there always seems to be someone castigating certain groups of food as inherently and unremittingly bad news. Since when did food – real food, I mean, which you make from fresh ingredients which you've bought and cooked yourself – become such a bonkers battleground? Food is meant to be about pleasure; this trend is the opposite of pleasure, for me.

*Chocolate Cheesecake



Hate is too strong a word but chocolate cheesecake will just never fully rock my world. It's somehow a bit too on-the-nose: the opposite of subtle.

*Spiralizers

Again, hate is too strong a word by a very long way but my Italian blood just won't allow me to take the word or concept of 'courgetti' seriously! I absolutely love courgettes and I'm absolutely addicted to spaghetti but the conflation of the two is just not one which works for me.

*Bad Quality Ingredients



I've been cooking a lot with Asian ingredients recently and there's such a big difference in the quality of ingredients you can buy. It's great that all these things are available in supermarkets but there's still a bit of room for improvement across certain product lines: things like rice vinegar, mirin and tamarind paste, for example, can taste much more acidic than anything else. It makes such a big difference to the end result.



*People Saying Silly Things About Cooking

Penny Lancaster's quote about cooking taking away a man's masculinity currently leading the pack. Very odd.

NOPI: *The Cookbook* by Yotam Ottolenghi and Ramael Scully (£28, Ebury Press) is on sale now. Photography by Jonathan Lovekin.

AWARD WINNING

SHEPHERDS PURSE

Artisan Cheeses

PROUDLY MADE IN YORKSHIRE

WWW.SHEPHERDSPURSE.CO.UK



★ ★ ★ *Home to the stars* ★ ★ ★

For **Christmas gifts** and the finest cheese for the festive period

Find a stockist local to you, or buy online by visiting our website

WWW.SHEPHERDSPURSE.CO.UK / WHERE-TO-BUY

... and join the conversation

hello@shepherdspurse.co.uk

All of our cheeses are made from pasteurised milk and we use vegetarian rennet.

"LIKE"

KISSING A

WALRUS

CHOMPING

ON A

SEAWEED CIGAR.

BRINY BUT

BEAUTIFUL



JAMIE FLEMING

FRIEND OF LAPHROAIG SINCE 2014

LAPHROAIG.COM/OPINIONS

#OPINIONSWELCOME™

drinkaware.co.uk